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Banning the box in college admissions

Making education accessible to ex-convicts

By MORGAN OME
Layout Editor

A new bill may make Maryland the first state to prohibit universities from requiring prospective students to disclose their criminal backgrounds on initial applications.

Introduced in the Maryland General Assembly on Feb. 1, the bill is the latest initiative of the "Ban the Box" movement, which seeks to stop employers from requiring job applicants to reveal their criminal records.

Typically, potential employees are required to check a box indicating if they do or do not have a prior conviction.

The bill, titled the Maryland Fair Access to Education Act of 2017, would ban the box in the college admissions process for any school that receives state funding, including Hopkins.

Stanley Andrisse, a post doctoral fellow at the School of Medicine and former convict, testified before the state legislature in support of the bill last month. Andrisse is involved in various efforts

to help former inmates returning to Baltimore lead productive lives.

He works with Aim to B'More, an initiative by the State Attorney's Office to provide skills and training to first-time felony drug offenders. Andrisse is also a board member of Advocates for Goucher Prison Education Partnership, which gives inmates the chance to pursue a Bachelor's degree.

"Prison is what I went through. It's not who I am."

— STANLEY ANDRISSE,
POST DOCTORAL
FELLOW

Andrisse believes that he can be an advocate and a mentor for ex-convicts like him.

Although he was accepted by St. Louis University to pursue his Ph.D., Andrisse faced numerous rejections from other programs. While he cannot say for sure why he was denied admission, Andrisse believes he was disqualified because of his criminal record, rather than his academic qualifications.

"The one thing I will say is that I graduated at the top of my class in the program that I was in," he said. "The average number of years for most people to finish their Ph.D."

SEE BAN THE BOX, PAGE A4



KUNAL MAITI/PHOTOGRAPHY STAFF

Median home value in northern Remington, where Seawall primarily develops, increased by over \$130,000 between 2000 to 2013.

Remington's gentrification worries residents

By MEAGAN PEOPLES
Voices Editor

For the past 20 years, Pastor Alice Bassett-Jelima has watched Remington change from her church's porch. She is the current pastor of the Church of the Guardian Angel, which sits on the corner of 27th Street and Huntington Avenue.

"There are plenty of people coming into the neighborhood who are trying hard to do good things," she said. "Overall, the problem with what's happening here is that gentrification happened very, very quickly to people who were utterly unprepared and incapable of making any legal response."

The Remington neighborhood sits just to the south of the Homewood Campus. For the past

five years, there has been greater investment from organizations like Seawall Development Corporation, which began its operation in the neighborhood 10 years ago.

Seawall owns and operates R. House, a trendy food market, as well as Remington Row, an upscale apartment complex in the working class neighborhood. Both opened last year.

Remington Row also houses small businesses like a dry cleaners and a Rite Aid as well as the new office of the Hopkins Community Physicians, a group of primary care clinics, formerly located in the Wyman Park Building.

Many other small restaurants and bars have recently opened, bringing a new higher-income cli-

entele with them.

Shawn Brown was hired as director of marketing and leasing for Seawall Development after the planning process for Remington began. She elaborated on the close relationship that Seawall lead developer Thibault Manekin and University President Ronald J. Daniels have had throughout the development process.

"They were very much in agreement that for Hopkins to thrive, the

neighborhoods around Hopkins need to thrive," Brown said.

However, Andrew Frank, Daniels' special advisor on economic development, characterized the relationship in different terms. He stated that the University has not invested in any of Seawall's development projects and that the only clear relationship between the corporation and the University was moving

SEE REMINGTON, PAGE A5

New Catholic priest makes his mark on campus

By JEANNE LEE
For The News-Letter

Since January, students have spotted Associate Chaplain Father Athanasius on campus. In his conspicuous white robes, working in Brody or talking with students on the Beach, he quickly caught students' attention.

Athanasius is the chaplain assigned to the Saints Philip and James Catholic Church and University Parish. He works with the Hopkins Catholic community to organize events on campus.

Athanasius has also developed a strong social media presence. One video of him rapping has garnered over 50,000

views on Facebook. His Twitter account features a clip of him juggling a soccer ball in front of Levering Hall.

"As people have put it, it's almost impossible to miss me wherever I go," he said.

Before he was called Father Athanasius, he went by Robert and grew up on Long Island in New York. He attended Providence College and like many students, he started off without knowing exactly what he wanted to do.

In college, Athanasius took a class, Ancient and Medieval Theories of Happiness, which inspired him to become a priest.

"It was really through that semester that I started to question the big topics of life," he said. "If I could tie together the virtues of love and sacrifice and I could live in a way that is a radical witness to the teachings of Jesus, then I would love to do that."

He completed his theology degree in Washington, D.C., and after taking his vows became ordained as a priest in the Catholic Church. He explained how he received his new name, Athanasius.

"I submitted three names that they could pick from," he said. "But if I pick three really common names that everyone

else is going to pick, then I probably wouldn't get them. So Athanasius was the one I wanted the most and it's the one I ended up taking."

His parents were originally apprehensive about his career choice.

"Initially, it was difficult [for my parents to see] their only child living a celibate life as a priest," he said. "But over time, they became very supportive. They love hearing about the different encounters I have, my ministry, and the different things I preach or teach about."

Athanasius explained why he chose to work on a college campus.

"I've always loved

SEE ATHANASIUS, PAGE A4

University to meet with contract worker unions



ELLIE HALLENBORG/PHOTOGRAPHY EDITOR

Protesters rallied in front of MSE Library to support contract workers.

By SARAH Y. KIM
Staff Writer

After insisting on meeting solely with the student members of the Student-Labor Action Coalition (SLAC), the University agreed on Monday to also meet with contract worker unions on March 31.

SLAC has been advocating for job security and benefits for University security guards and dining workers since November.

At a rally on Wednesday, about 40 protesters gathered on the Beach and marched to Garland Hall to deliver a petition signed by 1200 students to reiterate their concerns.

Their demands include raising their minimum wage to \$15 per hour, guaranteeing individual workers' job security if the University changes contractors and a program similar to the Live Near Your Work initiative, which provides housing grants for University employees.

Hopkins does not directly employ contract workers, so they do not receive the benefits of the University's employees.

Krista Strothmann, coalition member and vice president of the union that represents dining workers, Unite Here Local 7, looks forward to the upcoming meeting.

"We are very excited that the administration has agreed to meet with our coalition," she said. "We have a date and a time. It actually seems for real."

While marching, they chanted slogans such as "President Daniels, rich and rude, we don't like your attitude" and "What do we want? Equality? When do we want it? Now!" They also carried signs which read "Hopkins Creates Poverty" and "Ronnie D, We Will Not Go Quietly."

The marchers stopped in front of Garland Hall, where a delegation of coalition members went inside to hand the petition

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A perfect day in D.C.

Hannah Melton shares her ideal day in D.C. Hint: a trip to Georgetown Cupcake is a must. **YOUR WEEKEND, PAGE B2**



Spring break in the Trump era

Opinions Editor Gillian Lelchuk asks us to think about the political implications of vacationing in Mexico. **OPINIONS, PAGE A11**

Fighting fear of missing out

Editor-in-Chief Will Anderson reflects on his last semester at Hopkins and his struggle to combat FOMO. **VOICES, PAGE A9**

NEWS & FEATURES

Ahmadu explores FGM across cultures

By JACOB TOOK
Staff Writer

The African Students Association (ASA) hosted a conversation with Fuambai Sia Ahmadu, a Sierra Leonean-American anthropologist specializing in the study of female genital mutilation (FGM), on Friday, March 10.

In her brief presentation and the extensive discussion that followed, Ahmadu described how FGM is practiced by the Kono people, her ethnic group in Sierra Leone. She argued that the practice has been wrongfully vilified by Western media and human rights groups who often do not attempt to understand its cultural significance.

Since the 1970s there has been an international movement against FGM, with human rights groups claiming that the practice stems from gender inequality and male sexual domination of women. Ahmadu said that the Western ideas about FGM are built on stereotypes and misconceptions.

"I want to continue challenging those perceptions and look more critically at this concept and how it's been construed," she said. "I don't agree with the terminology, but what is called FGM is usually the most severe form, which is actually the rarest form in sub-Saharan Africa."

Ahmadu countered the conception that women are oppressed and forced to undertake FGM by a male-dominated society by explaining how her own culture views the practice as an initiation into womanhood. She also pointed out the male equivalent, which is far less controversial.

"Most ethnic groups practice female and male initiation," she said. "Both processes are celebrated in very grand style. I just came from there. We were celebrating International Women's Day, and there is much ground support for these practices and resistance to anti-FGM movements."

According to Ahmadu, the discourse about FGM is influenced more by social gender biases than the practice itself. She cautioned against identifying it as only a female practice.

"Why are we privileging boys?" she asked. "We have male circumcision. We can remove the entire foreskin of the boy and that's not an issue, that's not protested. I think we need to be careful about discriminating against girls and women."

She also identified a hypocrisy in Western criticism of FGM by comparing it to common cosmetic surgeries that also fall under the World Health Organization's definition of FGM.

"They're almost identical in terms of the aesthetic effect and also the anatomical parallels," she said. "Female genital cosmetic surgery is what

they call it. So for me, that raises the question: Why are we labelling not the procedure but the people and the culture as FGM? I think we need to treat so-called non-medical genital surgeries all the same. We shouldn't privilege certain categories of people."

Sumera Yego, a freshman representative in ASA, invited Ahmadu to host the discussion after she gave a guest lecture in one of Yego's classes last semester.

"She gave a really interesting perspective, because more often than not, when doctors go to third world countries, they come with this 'Western Savior complex' and condemn the cultural practices that are there without at

"We need to be careful about discriminating against girls and women."

— FUAMBAI
SIA AHMADU,
ANTHROPOLOGIST

least trying to understand them," Yego said.

She thought that Ahmadu's consideration of Western media and how it impacts perceptions about cultural topics like FGM was especially interesting. Yego said that there are many stereotypes about Africa and African cultures, and she hoped Ahmadu would bring to light one that is less commonly discussed.

Yego said that Ahmadu's background and public speaking skills enhanced the presentation and discussion.

"This is a woman who has worked for so many international organizations, even organizations that condemn FGM," she said. "You can't deny her credibility and her expertise in this field. She was pretty politically correct. She never made any vast generalizations without coming back to 'at least in my culture.'"

However, Yego said that it often seemed as though Ahmadu was using the experience specific to her culture to justify the practice of FGM everywhere.

"It's hard to criticize somebody when they say 'from my culture,' because you can't speak for their culture," Yego said. "Although she made it clear that she was talking about her culture and other specific cultures that she's studied, it could have come off to a lot of people like she was [using] the practices of a couple of cultures to justify what is in many cases the marginalization and violation of women's rights."

Still, Yego said her goal in inviting Ahmadu was for attendees to understand that FGM is more complex than it is often portrayed to be.

"If you're in a position where you can make change, why not at the very least try to inform yourself?" she said. "Try to understand that the world as you understand it is shaped by stereotypes that have been fed to you as truth. And even if you left not agreeing with anything she said, at least you left knowing that these issues are a lot more complicated than people make them out to be."

Kolotov photographs untold Kyrgyz stories



COURTESY OF SHERRY KIM
Kolotov explained the story and significance behind each of his photos.

By KATIE DOMINGUEZ
For The News-Letter

George Kolotov, a Kyrgyz photographer and activist, shared his experiences documenting the political, economic and social turmoil in Kyrgyzstan through his art. Kolotov spoke at an event hosted by the East Asian Studies (EAS) Student Advisory Committee titled "Intersecting Art and Development," on Friday, March 10.

He began his talk explaining how he first became a documentary photographer. Kolotov recounted when he first stepped into a rehabilitation center for disabled children. The center's director had gestured to a paper flower that the children had made and told Kolotov that, by coming to the rehabilitation center, Kolotov had entered a different world.

Kolotov recalled the director's words.

"My children say that

these pieces of papers represent themselves, their souls. This is their heart," he said. "And [the director] continued, 'Do you see this black border? This is the wall between the children here and the rest of the world.'"

Kolotov said from that point on, his work aimed to provide viewers with a glimpse into the world of unseen poverty and the ramifications of urban development. He assured the audience that anyone can make a difference, regardless of their background.

However, Kolotov warned against charity that does not consider the broader implications of the act itself.

"Most people think that any donation is a good donation," he said. "This is the wrong state of mind."

Kolotov cited clothes, food or juice as bad donations. He related an account of seeing tourists bringing juice to children in a poor local area in Kyrgyzstan.

"Many of these children have never had juice in their lives before," he said. "Can you imagine 100 or 200 kids with an upset stomach all at once? A good donation is not to bring something once, but to invest in their future."

He also conceded that this applies to his own actions and described an instance in which he was trying to help someone but ended doing more harm than good. Kolotov once photographed a young woman named Dasha who worked in Kyrgyzstan's Cancer Center and Center for Blood Diseases. She was the only certified child psychologist and hospital clown in the entire country.

He photographed her working with terminally ill children in order to help expand her opportunities. However, the project stopped after many of the children she was working with died of various diseases, including leukemia.

Kolotov described what happened when Dasha decided to publish her story of helping these children. Her work garnered massive public attention, and local news sources picked up the story as well.

"The next day, things were completely different. Dasha literally woke up famous," Kolotov said. "Crowds of local journalists flooded the hospital."

In the end, the attention that the story drew led to Dasha being fired from her position by the

people who ran the hospital. The price of treatment skyrocketed and made it inaccessible for many patients. Kolotov also realized his photographs did nothing to actually help the children.

"Only one child survived during the project," he said. "There were 96 young patients in total."

Photography Instructor in the Center for Visual Arts Phyllis Berger asked about the boundary between creating art and exploiting the photographed subjects in documentary photography.

"Capturing human suffering through the camera lens becomes objectification of the person or subject," she said. "Does it sense a higher purpose? Where will these images go: in an exhibition, in a book?"

Sophomore Constanza Mayz also noted the beauty within the suffering presented in Kolotov's photographs. Out of the projects he presented, she was particularly drawn to a picture of the one patient who survived throughout Dasha's project.

"The picture of the little boy... you could see everything in his eyes. It was amazing," she said.

Junior Daniel Kim, the chair of the EAS Student Advisory Committee, first met Kolotov during an internship at the Baltimore World Trade Center.

"I wanted to have other people listen to his story in order to be similarly inspired," Kim said.

Prof. connects entrepreneurship to impulsivity

By EMMA ROALSVIG
Staff Writer

The Institute Seminar Series hosted Johan Wiklund to present his conceptual paper on the connections between impulsivity in mental health and individual entrepreneurial action on Thursday, March 9.

Wiklund is a professor of entrepreneurship at Syracuse University. This talk was part of the Institute Seminar Series, co-sponsored by the Carey Business School and the Hopkins history department.

Five years ago, Wiklund was diagnosed with a mental disorder, and he started reading the academic literature surrounding his condition.

"It was a bit of a big pill to swallow, but at the same time I thought, I'm a reasonably successful guy; I've been married for 30 years; I have friends; I got a good career," Wiklund said. "And so, there's got to be something about it that's not only negative, because it's part of who I am."

Wiklund then expanded his research from the academic literature of psychology to include popular literature, where he found mentions of the potential strengths of these conditions, including the 'dyslexic or ADHD advantage.'

Curious, and lacking any formal hypothesis, he interviewed 25 entrepreneurs that had different diagnoses: ADHD, autism, dyslexia or other additional diagnoses that include impulsivity.

In his paper, Wiklund reviews the literature on impulsivity and entrepreneurial action. He attempts to forge the two fields together to see where there could be connections.

"We build on this idea that there are four dimensions to impulsivity: urgency, lack of premeditation, lack of perseverance and sensation seeking," he said. "Then we look at how those dimensions play out in the entrepreneurial action process."

Wiklund's research shows that the probability of starting a business with those who have the diagnosis of an impulsive mental disorder is high, but whether they perform better or not in business is still unknown.

He also argued that working on a team can often be difficult for these individuals. They tend to have fewer social relationships, since it is more of a challenge to cultivate them, but these relationships tend to be stronger.

"If you're high in impulsivity, it can be hard for people to work with you," Wiklund said.

Wiklund randomly sampled many individuals in the U.S. and found that more than half started businesses by themselves. Half of those who did not do it alone founded businesses with their spouse.

"Just about everybody has a spouse that serves that purpose of keeping them in line and making sure they're not too impulsive and go overboard with 10 different ideas at the same time," he said.

Wiklund also talked about the effects on medication for these individuals. Fifteen of the people he interviewed had ADHD and almost all of them took medication.

"Often they take medication when they need to talk to customers but not when they need to generate ideas, depending on their work tasks,"

Wiklund said.

Wiklund then opened the event up to a scholarly discussion on his paper concerning impulsivity in mental disorders and its link to entrepreneurship.

Phil Phan, a professor of Management and Organization at the Carey Business School, works in the technology of entrepreneurship and the pathology of the brain among serial entrepreneurs and expressed interest in the complexities of defining impulsivity.

"The search for ideas or the notion that an idea could have some life in the form of a commercial value might be impulsive, or it could come from insight, given long experience," Phan said. "If you look at the ones who were successful, you can see there were a series of deliberate decisions that were made along the way."

Wiklund replied that impulsivity and intuition are closely related.

"Intuition is impulsivity gone right," Wiklund said.

These dimensions of impulsivity are largely related to uncertainty. Many of the entrepreneurs Wiklund interviewed felt self-employment suited them personally and was worth the risk of failing

many times before becoming successful.

Stephen Adams, professor of management at Salisbury University, asked about the potential for therapeutic entrepreneurship to offer millions of people a different lifestyle.

"What would this person do, if they were not doing this?" Wiklund said.

"If they weren't an entrepreneur, they'd probably be a Wall Street trader, or in jail," Phan said.

Even successful entrepreneurs often emphasize that they were lucky and just intuitively recognized the opportunity. Wiklund's interviewees stressed the fact that they were lucky to be in the right place at the right time.

For Wiklund's future research, he has reached out to other entrepreneurs to find and compare individuals with high and low impulsivity and see the outcomes of the data. He plans to look for patterns in the kinds of entrepreneurs with these mental disorders and see how they approach their businesses.

He also plans to do research with innovators in a corporate environment and learn about how this could impose certain constraints on their impulsivity and leadership.



COURTESY OF SAMANTHA SETO
Wiklund studies the links between impulsivity and entrepreneurship.

NEWS & FEATURES

TEDx speakers encourage students to reinvent their lives



COURTESY OF JOHNS HOPKINS PHOTOGRAPHY FORUM
TEDxJHU brought speakers ranging from diplomats to NASA scientists.

By SARAH Y. KIM
Staff Writer

TEDxJHU held its annual conference on Saturday afternoon at Mudd Hall, hosting a total of seven speakers with the theme "Under Construction."

To commence the event, sophomore Ansh Bhammar, director of communications of TEDxJHU, explained the meaning behind the conference's theme this year.

"TED organizations across the globe, we share this slogan: 'Ideas Worth Spreading,'" Bhammar said. "But here at this specific TEDxJHU conference, we're focused on: How are these ideas derived? And shape it?"

And under this process of continual change? And hence, 'Under Construction.'"

The first session of talks began with Shilpa Alva, founder of Surge for Water, a non-profit organization dedicated to making safe water more accessible. Since its founding in 2008, the organization has provided water for nearly 400,000 people.

Prior to her volunteer work, Alva was an award-winning businesswoman. She discussed how she gradually became disillusioned by her lifestyle.

"My life was full, so full of meaningless minutia," Alva said. "And that's when I realized I had to do something about it."

Alva encouraged her audience to try and find a higher purpose in their lives.

"Are you living a life that the system has pre-conditioned you to live, or are you living the life you really want to live?" she asked. "When you embrace the comfortable and start making mindful conscious choices, change becomes possible. And perhaps tomorrow, because of you, one more person will have the privilege to choose."

Following Alva came Braphus Kaalund, who studied trumpet at the Peabody Institute and is now the foreign service officer to the U.S. Department of State.

"People often ask me: 'How is it that you went from being a classical musician to a diplomat? That's a huge leap,'" he said. "It didn't feel that way for me. It felt actually kind of natural."

He advised those who had a variety of seemingly disconnected interests to use what he called 'building blocks,' or broad, core ideas for how to lead a fulfilling life irrespective of one's career experiences.

Finding building blocks, he said, was important for dealing with 'pivot points,' or stages in life where one has to un-

dergo seemingly dramatic changes.

"We're all under construction," he said. "It's really easy, especially these days, to just feel that your own life is unstable. And then you look out in the world and you see nothing but instability around you. So you just feel like you want to shelter in place, and withdraw... But life doesn't always allow you to do that."

Next, Co-founder and Execution Director of Impact Hub Baltimore, a civically oriented innovation lab, Michelle Geiss discussed the importance of incorporating various people in an initiative and keeping an eye out for

"Perhaps... because of you, one more person will have the privilege to choose."

— SHILPA ALVA,
FOUNDER OF SURGE
FOR WATER

Applied Physics Laboratory space scientist leading NASA's Solar Probe Plus Project.

The second session began with Natalia Trayanova, Murray B. Sachs Professor in the Hopkins department of biomedical engineering.

Trayanova specializes in cardiac research and discussed how computer simulation could be used to improve cardiac care. She introduced personalized virtual hearts, or virtual heart arrhythmia risk predictors, which could more accurately assess patients.

After Trayanova came the youngest of the speakers: Hopkins undergraduate Seal-bin Han. Han, who will graduate in 2017, founded FitMango, an online fitness training program that helps users form workout groups and find personal trainers.

Han recalled how, as a pre-med student who felt dispassionate about the career track he was on, he started FitMango as a side project. While he initially envisioned himself as a surgeon, he decided that what really mattered was the experience of developing his startup.

"For me, it wasn't necessarily about the result of how this would end up but the fact that every minute of the journey was something I genuinely enjoyed," he said. "This got me out of my bed."

Reflecting on his own experiences, he advised those present to be open-minded about their goals.

"I knew how many people we could impact with technology," Han said. "If I can leave one piece of advice for any of you, it's that I would rather be at the bottom of a mountain that I want

to climb than halfway up [one] that I didn't."

The event's final speaker was Dr. Joshua Sharfstein, associate dean at the Johns Hopkins Bloomberg School of Public Health. He evaluated what he saw as America's problematic health care system, which he saw as too costly considering the nation's ranking as 31st for life expectancy.

Instead of "paying hospitals like hotels," he suggested a greater reliance on global budgets. A global budget system would mean that hospitals would be paid through a fixed amount of funding for a certain period of time rather than fixed rates for individual services.

Sharfstein was introduced to global budgets at the Western Maryland Regional Medical Center, where he met Barry Ronan, CEO of the Western Maryland Health System.

"Under a global budget, [Ronan] knows his annual revenue in advance, across all payers, public and private," he said. "Medicare, Medicaid... all the rest. It doesn't matter how many people come. Without the need to keep the beds filled, he can actually invest in prevention."

The event was followed by a reception during which students were able to network with remaining speakers.

Students like junior Piunik Sarkisian found the experience rewarding and was pleased to have

female scientists like Fox at the event.

"Having women represented at the top of STEM fields was very important," Sarkisian said. "I love that they had some sort of gender balance in there with their presenters."

She found Kaalund's talk especially relevant to her.

"I don't know how my very different passions connect together, so it was good to see that maybe someday down the road they will connect in unexpected ways," she said. "I also admire multidimensional people very much so that was great to have: a classical musician also being a diplomat, also being a traveler, also being an economist."

TEDx Co-curators Steve Park and Clementine Guelton explained how they sought to widen the range of speakers this year.

"This year, we definitely wanted to broaden to different Hopkins enterprises that are not just within the Hopkins Alumni Association but also with the [Applied Physics Laboratory]. That we had with Dr. Fox, where we can really expose the Hopkins community to a lot of different things that are happening," Park said.

Guelton added that having a political scientist was unusual and that they worked to have one this year.

"We've always done

a lot of science, research, public health, because that's what Hopkins specializes in," she said. "So this year, getting someone in political science was really a big deal and a big change for us."

TEDxJHU also displayed artwork by Baltimore artist Daniel Stuelpnagel. Park said that it helped create a unifying visual identity for their theme of "Under Construction," and Guelton said that this was part of the organization's goal to incorporate a wider range of professions.

"We really thought that we should get a bigger artist presence within a TED conference," she said. "TED nationally focuses a lot on design. We really wanted to incorporate artists into the space... because we feel like there's not that many arts or artists at Hopkins, and there's a lot of artists in Baltimore."

Exchange student Polina Tishina appreciated the way the event legitimized a variety of passions and encouraged students to adhere to them.

"All of them kind of delivered their idea, that you might not know right at the moment what you want to do in your life," she said. "Sometimes it's not the question that you need to find the answer to. You just need to try and do what you enjoy. And later in life, it might somehow come together."

Dickerson talks Baltimore air quality

By VALERIE CHAVEZ
For The News-Letter



COURTESY OF VALERIE CHAVEZ
Russell Dickerson spoke about air quality in the Baltimore/D.C. area.

He also noted that local pollutants do not exist in isolation and that when considering air pollution, research must consider the region as a whole.

For example, wind and water patterns factor into air quality. Dickerson explained how pollutants that are created outside of the state could travel downwind and affect the air quality in Maryland.

Additionally, Dickerson's research showed that there is a greater amount of ozone production over the Chesapeake Bay, but the cause of this is unclear.

"If you are trying to control ozone in New York or Beijing, or New Delhi, do you care about emissions in the city or in the entire area surrounding the city?" Dickerson said. "The current model says it's in the city, but in reality, we do need to look at a larger area than that."

Policies have been put in place to try to improve air quality in Maryland and all over the United States. In 2010, Maryland passed the Healthy Air Act, which aims to place the state in agreement with the National Ambient Air Quality Standards.

Dickerson explained how the Healthy Air Act address two major problems including particulate matter, or solid

matter that enters the atmosphere in water vapor, and ozone levels.

There is also the goal of reducing smog and improving visibility, particularly in the Baltimore area.

"There are haze rules that talk about visibility, and there's a requirement that you have... to return North America to the visible range that it had in the pre-industrial Era," Dickerson said. "Sounds like a pretty high bar to get over, but we have to make it by 2048. I hope I'm around to see it."

Dickerson concluded his lecture by saying that while our understanding of air pollution and atmospheric science has improved, we need to keep refining our understanding. He also emphasized the need for policy that is well informed by science.

"There's still a lot of science we need to learn about smog formation," Dickerson said. "That's still Baltimore's number one problem."

Senior Treva Obbard appreciated how the talk focused on local environmental issues.

"I thought it was interesting, particularly the little mysteries they discover and try to solve, like extra ozone over the Chesapeake," Obbard wrote in an email to *The News-Letter*.

Hopkins celebrates first snow day of 2017

By ALYSSA WOODEN
Staff Writer

Due to a snowstorm that started Monday night, the University cancelled all classes on Tuesday and classes before 10 a.m. on Wednesday.

A text message sent at 5:53 a.m. on Tuesday informed students that morning classes for that day would be canceled, and a second message at 2:06 p.m. reported that classes would not resume until 10 a.m. on Wednesday morning. The snowstorm affected dining services as well.

Most students, like freshman Marcos Pascual, were glad to find out that classes were canceled.

"I was so happy," he said. "I had a dream we had school, so I woke up really pissed off, and then I looked at my phone and I was like, I'm going to go back to bed."

Freshman Emily Labruna echoed his sentiment.

"I woke up in the middle of the night at 5:30, so I was like I guess I might as well stay up until they let us know," she said. "I de-set all my alarms."

Freshman Matt Brotman was less enthusiastic because he was unaffected by the snow day.

"I don't have classes on Tuesday ever, so it literally didn't affect me at all," he said. "I was like, regardless, I didn't even care. I just slept most of the day, to be honest."

While some students, like Brotman, stayed inside all day to avoid the freezing temperatures, others went outside to enjoy the snow. Freshman Mellissa Picker had a snowball fight with her friends, and freshman Kai Inoki built a snowman on the freshman quad.

Students' reactions to the snow differed according to where they were from.

"[I'm] from New York, so [I've] seen snow before," Labruna said. "But there were other people who were from California that wanted to go play in the snow, because they hadn't seen it."

Freshman Hadley VanRenterghem was unimpressed by the amount of snow.

"Physics lab was canceled," VanRenterghem said. "It was great, but there [was] not even that much snow. I really thought they were going to make the evening classes happen. I was like, this is not a winter storm."

Since 9 a.m. classes were canceled on Wednesday, exams scheduled at that time were canceled as well. While some believed the cancellations were unnecessary, Picker expressed her excitement that the cancellations occurred the week before Spring Break.

"My midterm on Wednesday was canceled, my only midterm for the week, because it was before 10," Picker said. "Actually, I was probably happier about that than I was about the snow day. That was the one thing I actually had to do this week, and now I have time just to hang out before I leave."

NEWS & FEATURES

SLAC delivers labor petition to admin. New chaplain reaches out to student body



ELLIE HALLENBORG/PHOTOGRAPHY EDITOR
Around 40 protestors gathered outside Garland for workers' rights.

SLAC, FROM A1
to administrators Toni Blackwell, senior associate dean of students, and Jonathan Links, vice provost and chief risk and compliance officer.

Senior Corey Payne, SLAC member and co-chair of Students for a Democratic Society (SDS), reported that the delivery went smoothly.

"It was very polite and cordial," he said. "We gave them our petitions, and we raised a few other concerns."

The marchers then went back to the Beach, where residents from neighborhoods affected by University policies came to make speeches on behalf of the contract workers.

Terrel Askew, a 20-year resident of Remington, emphasized the importance of Hopkins providing affordable, quality housing for contract workers.

"[This is not hard], as the University's Live Near Work program attests," he said. "Its greatest caveat, however is that it doesn't go far enough. No program that only speaks to a small subset of its employees possibly could."

He criticized the University for setting a poor example as Baltimore's largest employer.

"To me, it makes it seem as though it is okay to not protect your workers and give them the rights that they deserve," Askew said later in an interview. "Having been in the city as long as they have, they should know better and act accordingly."

Speaker Brandon McGoogan, a resident of East Baltimore, also urged for the University to take initiative in protecting workers' rights.

"We all know the impact and influence Johns Hopkins University can have in addressing these concerns, and yet they don't even have the time to hold a conversation," he said.

The resident speakers were brought with the help of SLAC's partner community organizations such as United Workers and the Baltimore Housing Roundtable, which work to establish affordable housing for Baltimore's workers.

Adriana Foster, member of the Baltimore Housing Roundtable, spoke to the importance of providing equal benefits to low-wage contract workers at Hopkins.

"[Housing instability] is an issue that a lot of people face all across the city, especially low income folks and workers," she said. "I'm glad that we are out here and able to fight because these [contract workers] are not receiving a good wage, and that terribly inhibits their ability to have home ownership opportunities and stable housing."

Senior Brandon Block explained why he joined the rally. He had participated in the last SLAC demonstration in Garland.

"I read the statement from Provost Shollenberger and found it rather condescending that somehow, refusing a meeting was to 'respect the integrity' of the bargaining progress' between Bon Appétit and Local 7," he wrote in an email to *The News-Letter*. "It's just the opposite. To meet with the labor coalition shows a disrespect for the bargaining process."

Freshman Mira Wat-tal, a member of SDS, felt that the demonstration was a success.

"I felt that turnout was larger than what I expected," she wrote in an email to *The News-Letter*. "On behalf of the SLAC, we want to thank all members of the student body, professors and workers who came out today and are united in this fight."

ATHANASIUS, FROM A1
working with young people. I love the college-aged," he said. "I think I have an energy and enthusiasm for young people, so that's why I desire to be a chaplain."

Athanasius thinks the Hopkins community is friendly, and many students defy the common stereotype of being too hardworking.

"I definitely see that the students work, and I think they do pay a lot of attention to their studies, but I think a deeper and fuller assessment of the students here is that they're just seeking to excel in whatever they do," he said. "They just want to do well. They want to be good people."

Athanasius wears a white robe because he is part of the Dominican Friars, a Catholic order. His eye-catching robe has caught the attention of many students.

"I was walking to Gilman, and there was a student paralleling me, and she had her phone out," Athanasius said. "So I turned and I smiled and I said, 'Are you Snapchatting me?' And she said, 'Maybe!'"

Athanasius appreciates being able to encourage and help students during their stressful times.

"I remember I was walking to class on campus, and a student came up to me and said, 'I really need to talk to a priest about some questions I had,'" he said. "She

had been going to Catholic mass, but she had not been brought up Catholic... I was able to give her some advice and ended with a prayer."

He related how he got interested in rapping when he first joined the Dominican Order.

"In your first year as a Novice, you're in a lot of silence. I got kind of bored, honestly," he said. "I was noticing that a lot of words rhyme. So I started to write down words that rhyme."

Athanasius gave an example of a rap he came up with.

"College students, a lot of the times can struggle with what's called boredom. And so there's a deeper rap I wrote," he said. "It goes: 'Bored by the void of interior noise, we kill for the thrill of a wearier choice. Moved up to lose of material joys, but we never knew enough of the true love we always avoid.'"

Athanasius explained that he lives a monastic life with a community of priests next to the church.

"We wear a monastic habit, we chant the psalms back and forth for morning and evening prayers," he said. "I've taken vows of poverty, chastity and obedience for the rest of my life, which means that I will never actually be married, I will have no possessions that I own to my name and that I will have a superior who directs me."

Athanasius spoke about his attitude toward talking with students of different religions.

"There has not been any kind of conflict or opposition to any of the work that I'm doing, I think primarily because I am willing to meet where the student is at," he said. "[I do not] think that it is my responsibility to change somebody's life around a single instance or meeting."

Senior Akshay Alaghatta found Athanasius to be a welcoming presence on campus.

"I thought he was an incredibly positive and interesting guy with a different way of looking at the world than what I was accustomed to," he said. "He encourages me to reach outside of my bubble to others."

Falyn Weiss, a sophomore, was more apprehensive about his presence on campus.

"Though I believe that Hopkins should of course fund religious programs (as long as they give no preference to one religion

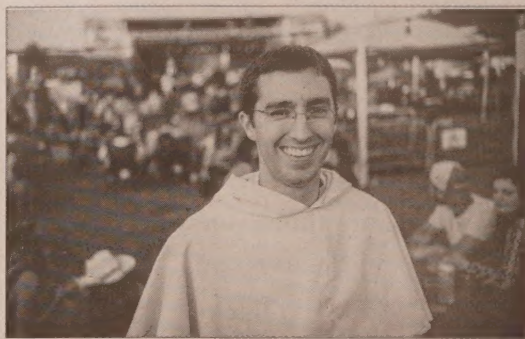
over the other), I do believe that religion should have a particular place — the Interfaith center (or Hillel, etc.)," Weiss wrote in an email to *The News-Letter*.

She then elaborated on the importance of having designated spaces.

"It makes me uncomfortable whenever I walk into Brody and there is a priest hanging out with students. People should be coming to him — he shouldn't be seeking out students."

Senior Alexandra Capellini emphasized that Athanasius was not on campus only to proselytize.

"I think it's easy to get lost in the daily grind at Hopkins. Father makes a priority of getting to know students' stories on an individual basis," she said. "You don't have to talk about faith exclusively. He is genuinely interested in how our days are going and reminds us that there's someone on campus who cares about our well-being. That means a lot here."



COURTESY OF FATHER ATHANASIUS
The new associate Catholic chaplain arrived on campus in January.

Should ex-convicts disclose their records on college apps?

BAN THE BOX, FROM A1
in the program is six to seven years. I finished in four."

After finishing his Ph.D., Andrisse came to Hopkins to complete his postdoctoral studies in pediatric endocrinology. He explained that one of the reasons he chose Hopkins was because he knew the Hospital was a leading employer of former convicts.

Between five and 10 percent of employees at the Hospital have been incarcerated at some point.

In 2015, University President Ronald J. Daniels affirmed the University's commitment to hiring former inmates, noting that the institutions employed over 120 ex-offenders that year.

In addition, the Johns Hopkins Hospital and Health System has banned the box in its hiring process.

While Ban the Box laws concerning employment have gained support in 25 states, they have yet to be extensively applied to the college admissions process. Many states require colleges to inquire about criminal backgrounds, and over 600 schools, like Hopkins, ask because they use the Common Application.

If the bill is passed into law, Hopkins would be impacted, since it is a private school that receives state funds.

In an email to *The News-Letter*, a spokesman

for Hopkins expressed the University's support for the sentiment behind the bill.

"We are sympathetic with the aims of this legislation," the statement read. "The university has long believed that the admissions process should involve a holistic evaluation of an applicant's academic and personal accomplishments, and that a criminal record does not preclude an applicant from achieving academic success."

However, like other higher education institutions in Maryland, the University is concerned with how the bill will affect applications like the Common Application, which asks about a student's criminal background.

According to the General Assembly's fiscal and policy analysis of the bill, colleges would need to stop using the Common Application or hide the answer from consideration if it is passed.

The University took issue with other aspects of the bill that it feels are too restrictive.

"The bill, as currently written, would bar an institution from rescinding any acceptance on the basis of new information about a criminal record," the spokesman wrote. "That provision would handcuff colleges and universities that are committed to that holistic evaluation of an applicant's credentials."

Other opponents of the bill believe that a question about an individual's criminal record is valuable and provides important information. Some also express concern over allowing ex-convicts onto college campuses.

However, Andrisse noted that the colleges are still able to conduct background checks and take necessary measures to keep campuses safe. The bill would only prohibit colleges from disregarding an applicant solely on the basis of possessing a criminal record.

Andrisse stressed that the question's presence on college applications creates mental barriers that may discourage ex-convicts from even applying.

"It's just another question until you have to worry about it," he said. "But if you have a [criminal] background, it's a mountainous barrier. You see it, and you become fearful. You see it and you think, 'this place doesn't want you.'"

The bill, according to Andrisse, would help remove stigma that is attached to formerly incarcerated individuals.

"Prison is what I went through. It's not who I am," he said.

Andrisse stated that for the next couple of months, lawmakers will be working to convince senators to vote in favor of the bill.

The University has said that it will continue to work with the bill's sponsors and the higher education community to ensure equal opportunities for former inmates.

Andrisse is hopeful that the bill will be passed into law. He believes education is a crucial factor in ensuring returning citizens' future prosperity. "Return-

ing citizens" is a term used to describe former inmates transitioning back into their communities.

"Education, for me, is the biggest piece for a returning citizen to be successful," he said. "They of course need income, housing, those types of supports. With education, they can actually build a career."

Members of the Johns Hopkins Jail Tutorial Project also see education as an equalizing force for incarcerated individuals. The student-run organization works to provide educational opportunities, like GED tutoring and college courses, to people in correctional institutions in Maryland.

Co-President Hirsh Shekhar explained that education can help inmates seek out better employment opportunities.

"Something that is common to a lot of job applications and programs, both within institutions and within the community, is having a GED or a college degree," he said. "By providing those opportunities, we're opening doors for the populations that we work with."

Junior Melissa Austin, who is the secretary of the club, and senior Lucinda Chiu, the co-president, noted that it is difficult for former inmates to rebuild their lives and careers after prison.

Austin, Shekhar and Chiu stated that while their views are not necessarily representative of their organization, they personally support Ban the Box laws.

Chiu emphasized that high recidivism rates can be linked to societal stigma that persists long after an individual has served

their sentence.

"Personally, I think we should give these people another chance," she said. "Otherwise they're going to go right back to the environment they came from, and it's just going to lead to more recidivism."

Shekhar pointed out that many colleges require applicants to disclose criminal histories because of state law and Common Application requirements. This, he believes, makes it too easy for colleges to vindicate their role in including questions about criminal records on applications.

"Perhaps one less controversial step we can take is to remove the [question] requirement so that each college... has to have a conversation and defend for themselves why they want to ask it," he said.

Haziq Siddiqi, a recent graduate and former president of Jail Tutorial, believes former inmates should be encouraged to pursue a higher education. He thinks banning the box in the college admissions process can have some success, but it will not solve all of the problems former inmates face.

For example, Siddiqi explained that people with criminal records often have difficulty obtaining financial aid, especially since Congress has forbidden inmates from receiving Pell Grants.

"I want to emphasize that removing a question about criminal records is only part of the bigger picture," he wrote in an email to *The News-Letter*. "There are a variety of ways in which the higher education system has systematically discouraged people with criminal records from receiving education."

NEWS & FEATURES

The darker side of development: rising housing prices in Remington



KUNAL MAITI/PHOTOGRAPHY STAFF

According to City-Data, median home value in N. Remington increased by over \$130,000 from 2000 to 2013.

REMINGTON, FROM A1 Hopkins Community Physicians to Remington Row.

"I don't know how to define the relationship with the University," he said. "The space where I worked on was trying to identify an off-campus building for Johns Hopkins Physicians and there was a match at Remington Row. Seawall is the landlord and Hopkins is the tenant."

Residents of Remington are conflicted about the impacts of the new developments. They worry about the effects of rising property costs while appreciating the more efficient use of what was formerly vacant properties.

Ryan Flanigan is president of the Greater Remington Improvement Association (GRIA). He has lived in Remington for the past five years but grew up in downtown Baltimore. Flanigan works part time at the community organization when he is not working his full-time job as an upholsterer.

GRIA was consulted during the planning process for both R. House and Remington Row and expressed support for the project which replaced an auto body shop, vacant houses and relocated the Baltimore Glass Company further up Remington Avenue.

"[Seawall said] we are going to take land that was not doing much and do more productive things," Flanigan said. "I think that the community determined that was in our interest."

Even though the community initially supported the development, Flanigan remarked that residents are now more aware about how the ongoing investment is changing the neighborhood.

"I would say that the reaction is generally positive, but the stakes have changed in the community and people are much more cognizant of the changes that are here and what other changes could be coming based on these," he said.

Thibault Manekin is the co-founder of Seawall and the lead developer on the corporation's projects in Remington. He defends the projects by emphasizing that community members had a voice in Seawall's development plans. He spoke about how he himself had spent six months knocking on residents' doors and seeking feedback even before construction began.

"Across the board people were excited that the old vacant buildings were getting repurposed. People were really excited that new neighborhood retail was coming in," he said. "People wanted a pharmacy — there wasn't one in the neighborhood. People wanted a bank because

there wasn't a bank; people wanted a dry cleaner."

As director of marketing and leasing for Seawall, Brown solicits community members' feedback on the impact of the new properties. She acknowledged that there has been criticism toward the company's actions.

"Even in the year and a half that I've been at Seawall this area has changed so much," Brown said. "Some people love that; Some people don't. We need to listen to both sides of that and find where is that middle ground."

Despite this communication with the community, residents are still concerned about the possibilities of rising house prices, displacement and the changes in culture that some have felt following the new development.

"One person's cool, nifty little neighborhood is somebody else's last nail in the coffin," pastor Bassett-Jellema said.

Historically, Remington was a mill town. Like many of the neighborhoods in the area it made use of Jones Falls in order to power grist and textile mills. Quarries in the area also supplied jobs as well as building material for the greater Baltimore area.

"This housing was not ever built to be fabulous and strong and wonderful, it was worker housing," Bassett-Jellema said.

The housing market in Remington has long been divided between renters and homeowners. A former renter herself and a leader within her community, Bassett-Jellema has had both first- and second-hand experiences with the difficulty of renting.

When Besset-Jellema arrived in Remington, many of the rental properties in the area were becoming Section 8 housing, where lower-income renters could receive vouchers in order to lower rent and utility costs. In part, this was caused by the wealthier, middle class white and African-American families leaving the area.

However, in recent years Remington has seen almost a reversal of this trend as more people move into the neighborhood. In part, this has been supported by the Hopkins-run, Live Near Your Work initiative which offers grants for Hopkins staff who choose to live in certain areas of Baltimore city. Currently the maximum incentive offered for University employees who choose to live in Remington is \$10,000.

Andy Frank, special advisor on economic development at Hopkins, stated that from 2012 to 2016, only seven grants were awarded.

"It's not likely that those seven grants over four years have had that much of an impact on rising house values," he said.

However, Molly McCullagh, who has lived in Remington for almost five years and is the current vice president of GRIA, responded that it is the neighborhood's close proximity to the University itself that has changed the area's housing market.

"When you have people who are moving from outside the city or outside the state coming to school for relatively temporary, or who have higher incomes because they are faculty members or staff members, that can really have an impact on a neighborhood," she said. "We're now seeing that Hopkins is having a little more of an impact in both good and maybe negative ways."

According to City-Data, a database of government and private data, the median house or condominium value in northern Remington, where most of Seawall's projects are located, has increased by over \$130,000 between 2000 and 2013.

Bassett-Jellema spoke about the changes that have come to her own street, Miles Avenue as development and homeownership in the area has increased.

"In one summer, the 2900 block of Miles, which was sort of the high rent district of Remington... went from almost all black families to almost all white single people," Bassett-Jellema said.

More and more people in the area have begun to feel housing stress as the neighborhood has become more desirable to outsiders.

"As Seawall came in, the rents began to go higher, before even a thing was built for Seawall. The rumor that there was going to be this development meant that rents were going up and people were being moved out by their landlords," Bassett-Jellema said.

Flanigan echoed these sentiments.

"My dear friend Gary, a young man, lived on this block, three kids... but he had to leave because he was in a rental situation with a slumlord who wouldn't change anything, and the rats were chewing holes through his walls. He just had to get up and go in a neighborhood where historically there would have been a few other options," Flanigan said.

In response to the rising housing prices, Seawall has been working alongside GRIA in order to establish affordable housing in the area through the creation of a community land trust.

Houses that are part of this trust would be owned by the community and leased long term to low income residents. This would help to protect these families from the rising property values.

"In the hopes of preserving the multi-class diverse community that Remington has always been since its inception we have to take deliberate action, and that's why we are currently organizing around creating permanently affordable community controlled housing," Flanigan said.

Brown explained the changes that have taken place in the community and emphasized the importance of listening to ensure that this change is positive.

"I think, more than ever, it's a time for people to come together. Creating economic diversity in addition to race and gender, ethnic diversity is very important to us. Again, that goes back to listening. If somebody paid for their house in 2005, in 1985, in 1970, yes, those prices are going to change," she said. "It is never ever okay to have whole populations move out and be displaced from where they were."

Craig Bettenhausen is a 9-year resident of the neighborhood and former Hopkins student. He has noticed the changes that the community has undergone but sees the development as inevitable.

"We are probably coming into a period of faster transition, which is good and bad, largely dependent on where you are socioeconomically," he said. "People like me are going to be fine. Other communities in Remington are going to have a tough time over the next five or 10 years. And that was going to happen; Someone was going to come in."

He described what made the area so appealing for developers.

"The community was undervalued given its location and proximity to Hopkins, proximity to [Interstate] 83. Somebody was going to come in with a lot of money and do something big," he said. "And Seawall did, and we could've done a lot worse with a developer."

In contrast, Bassett-Jellema cautions others against accepting perceived improvements.

"When you look at demographics in a gentrified neighborhood you say, 'Isn't that great? Look at that, they've got such

better education; They've got such better jobs. Isn't it wonderful?'" she said. "And the problem is, nothing changed except the people. There was a people swap."

Remington continues to experience a great amount of wealth disparity. According to 2000-2013 census data, northern Remington's median household income is just under \$60,000, significantly higher than the \$38,731 calculated for Baltimore by the American Community Survey in 2011. However, southern Remington has an average household income just below this at \$37,813. In both areas, income levels have increased by over 40 percent.

Bassett-Jellema points out the disparity in her neighborhood in each person that she greets.

"The guy coming down the stairs over there, he is currently renting a portion of a piece of floor of that house, and as soon as the weather gets better he could be back down under the 28th street bridge," she said. "There are still people living under bridges in this community, at the same time

that people are living in the big beautiful apartment house."

Austin Haynes, a two-year resident of Remington, points the out that the incoming residents bring a new culture to the neighborhood.

"The people that live [in Remington], that have lived there a long time, they like hanging outside on their stoops," he said. "A lot of the people that have been moving in like going out to local bars. It's kind of a different scene."

Bettenhausen, although he enjoys and has frequented the new establishments, also acknowledged this change.

"I think that [the new developments] are accessible but not necessarily inviting in the way that they need to be inviting in order to bring the older residents in, the people who have been here for a couple of generations," he said. "Maybe there's nothing stopping anyone from walking into the Remington wine company or R. House, but it's shinier and fancier, and something about it reads as more middle class, yuppie perhaps, than what has been there before."

Stephanie Hsu is the marketing and events manager for R. House. Before their opening in December of last year, the

food-court-style dining venue hosted a job fair open to Remington residents.

"We actually hired several people from the community to work with us and kind of, be the face of R. House," Hsu said.

The company has also worked closely with GRIA since the beginning, hosting a soft-opening for the dining facility that was specifically targeted towards the Remington community.

However, residents feel that the business is still not doing enough to incorporate themselves into the neighborhood.

"They want the neighborhood to come to them and get on their level, but I don't see them trying to make any friendly combinations, any friendly gestures to try and get some locals in," Haynes said. "I think they're pretty content with being a destination rather than being a local spot."

R. House, Hsu argues, is continually trying to increase the accessibility of its space to residents. She spoke about future projects, including a farmer's market, cooking classes or a Remington community-exclusive happy hour.

"The key thing that stands out to me is that, in the talks of gentrification our primary focus is how do we elevate rather than displace what's already here," she said.

These recent developments have drawn greater attention towards Remington from the Hopkins community as well as the surrounding neighborhoods.

Shawn Brown spoke about the role that Seawall has had and continues to have in getting Remington on the map.

"I am just so proud to be a part of an organization that is making this community so, so cool. It was cool before we got here; It will be cool until the end of time, hopefully," she said. "But it's been a real honor to get to know folks in this community, to share their ideas and their vision for a future."

Bassett-Jellema has a different perspective on the future of the community.

"I think this place went lower and lower and lower and tried to be under the radar until somebody scooped it up and saw a great bargain and has probably made a great profit out of it," she said. "The people who lived here continue to have the problems that they've had and have just been moved someplace else to mess up somebody else's statistics."

This article is part of a series on the University's relationship with its surrounding communities.



KUNAL MAITI/PHOTOGRAPHY STAFF

The Greater Remington Improvement Association is working on a land trust to keep housing prices low.

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March Events

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Open Safe Zone Training | March 7th | 9am

International Student Meet-up | March 10th | 5pm

Coffee Hours with LGBTQ Life | March 16th | 11am-1pm | Hodson Lobby

ROOTS Meetup | March 16th | 5pm

Spectrum Faculty-Staff Happy Hour | March 23rd | 5pm

B'more Proud Conference | March 25th | Stevenson University

The Diving Bell and the Butterfly film screening | March 30th | 5-7pm | Wolman Theater

Kinky Boots film screening | March 31st | 5-7pm | OMA Lounge



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VOICES

Hopkins is a diverse university, where an incredible mix of cultures, academic interests and personalities coexist and thrive...

Songs to help get you through winter



Juliana Veracka
The Playlist

Remember my guileless optimism a couple weeks ago when the weather made me dream of springtime and better days? All I can say now is thanks a lot, Mother Nature. Okay, okay, it's climate change that got my hopes up, so really I have no one to blame but humans.

In spite of the recent turn in the weather, spring break is nearly upon us, which should hopefully put most of us in a celebratory mood. If you still need to wallow in some remaining winter blues, however, I've created a playlist that's a bit mellower than the last one.

It may seem counterintuitive to listen to sad music right before a break that has been dramatized in movies as one of over-the-top partying, but remember this: You, dear reader, are at the mercy of my mood swings.

"You" by Keaton Henson: This is a really beautiful song that makes me sad, happy and sentimental all at once. It has a gentle tune and is good to relax to or even fall asleep to if you're looking for music to help you wind down at the end of the day.

"There Is a Light That Never Goes Out" by The Smiths: Not the most positive song given the chorus is about dying in a car crash, but it's still got a wonderful tune and it's lyrically beautiful. Plus, it's The Smiths.

"Jet Pack Blues" by Fall Out Boy: I think this used to be my least favorite song on *American Beauty/American Psycho*, but I warmed up to it pretty quickly. It's the kind of song that starts out slow but has an intense chorus.

"Blindfold" by Sleeping Wolf: Honestly, I found this song last year around this time, maybe a little earlier, and I love it. It's not as slow as some of the others, but it's got a satisfyingly dark tone that I tend to enjoy.

"Dramamine" by Modest Mouse: I really like to listen to this song during car rides or when I'm falling asleep. It doesn't have a lot of lyrics, which makes it good for zoning out. Just maybe don't listen to it if you're driving.

"Don't You Worry Child" by Swedish House Mafia: While this song is a bit of a throwback and was probably overplayed a few years ago, I couldn't help adding it to the list. I remember listening to it a lot during late winter and early spring, so naturally I would think of it now. I found this song comfort-

ing for some reason, and I hope if you listen to it, you will too.

"Nouveau Parfum" by Boggie: Anyone speak French? This song is beautiful to listen to, whether you can understand the lyrics or not, though half of them happen to be popular brand names anyway. It's got an interesting message, if you look the lyrics up, and I highly suggest watching the music video.

"Soldier" by Fleurie: I've only heard two songs from this artist, but both of them are absolutely gorgeous. Fleurie's style is what I would call ethereal, and this song manages to be bittersweet and slow but badass at the same time.

"4:AM Forever" by Lostprophets: This is another bittersweet song that builds to an intense chorus. From what I can tell, it's about friendship and loss, and it's ambiguous enough to be relatable to various situations (though most songs are until you look up their meaning).

"Kingdom Come" by The Civil Wars: Not going to lie here, I put my Spotify playlist on shuffle, and this song came up, reminding me that it's actually pretty good.

I decided to put it on the list because it kind of fits with the theme and it also brought me back to when I first read *The Hunger Games* in the eighth grade (this song is on the movie soundtrack). Ah, simpler times. So if you haven't heard this song before, don't let the movie it's associated with discourage you from checking it out!



Lucas Feuser
You're Up

How are you supposed to choose between hard or soft tacos? I am told by Old El Paso™ that this debate has taken on an existential character in Mexico.

Communities have been split apart and rivalries are formed purely on the basis of that one question. One family had even given up completely, creating an oversized game show-style spinner, leaving the whole decision up to chance. They admitted in defeat that this was for the gods to decide.

Then the gods responded through a little girl standing beside the spinner. "Por que no los dos!" For the non-Spanish speakers or the non-meme affiliated, her brilliant idea translates to: "Why not both!" She is immediately thrown into the air by her entire neighborhood in celebration. The whole crowd cheers as they carry her closer to where her idea came from — the skies above.

She is the hero that has brought peace to Old El Paso™ Mexico. She did the impossible and reconciled the irreconcilable. Why fight over hard and soft shell tacos when you can put them both in the same box and you decide which you want?

The debate in Europe is very much the same. Replace the tacos with Europe and keep the split communities, borders and rivalries and you have a snapshot of the existential crisis which

faces the European Union. The idea of "multi-speed" Europe, however, didn't get the same enthusiastic response.

Essentially how the idea works is that instead of every member state being forced to integrate at the same speed, member states can integrate at the pace they prefer. An example of this integration is everyone adopting the same laws and being part of the same unions, such as the 26 countries part of the Schengen area that have abolished the need for border control on their mutual borders.

Though only very weakly, this concept already applies to member states. The Schengen area excludes six EU members (Bulgaria, Croatia, Cyprus, Romania, UK and Ireland, if you were curious). While non-uniformity in terms of membership certainly already exists, there is very little freedom or flexibility to change the state of non-uniformity and change how far one is fully integrated into the EU system.

This is exactly what annoys everyone regardless of whether or not they support the current state of the EU or not. It hinders efforts to both federalize and to nationalize further.

The reason it is coming up now is because the EU is stuck in a rut. This idea is supposed to free the EU from being stuck in the middle of this tug of war and arguably meant to allow member states to grow at their own pace. If you don't want to work with the EU's agenda, fine. Do your own thing. It is the EU screaming in frustration to just leave it alone.

That is what makes me uncertain of how I feel about this new initiative. When people tell you to leave them alone, it isn't for your sake but for theirs. Underneath the hums of frustration, I hear a hint of



Angela Merkel voiced her support for a multi-speed European Union.

"nothing to see here," the kind of "leave me alone" that really translates to "I don't want a witness."

Some countries, namely the ones already irritated with the EU, see this as legal precedence for the EU to make them second-class members. This is a serious criticism, but one should also realize that some of these countries (read: the Visegrad Four) seem to automatically hate anything the EU proposes simply because the EU proposed it.

In response to these concerns, German Chancellor Angela Merkel said, "On the Europe of different speeds, some raised concerns that this might mean that there are different classes of Europeans. I said such a difference is, in a way, is already laid down in the treaties, it is a reality."

In her German straight honesty and realism, her response to these countries' concern basically was: Lol, you're already second-class member states.

And she's totally right. But that is not to say that matters don't stand to get worse for these member states. However, I think worrying about issues this broad and intangible is a poor way of dealing with your problems. I also think Eastern Europe has too much of an ego to think the EU's objective is to screw them over.

Yes, that has certainly

happened in the past, but please, especially you Poland, you just suck at working as part of a team. If you want your interests addressed, you figure out a way to tie into the interests of those in power. Don't that everyone isn't keeping you in mind, because you aren't keeping anyone but yourself in mind.

On that note, let's review what could be in the interests of those who come to support the multi-speed Europe: Germany, France, Italy and Spain. This new system would allow them to push integration through a lot faster. The top integration objective of these member states is, first and foremost, an EU Military. That's the game and that's the goal.

When you hear multi-speed Europe, hear "what can we now do that the haters are gone?" not the noise about a new Iron Curtain. But that's not the long-game and that's from the end goal. The end goal is likely just needing less consensus for objectives to be pushed through. Eastern Europe, if you want to not get screwed over, you better catch up or leave, because you're right, you're likely to get screwed over again.

It's not because they're out to get you. It's because you are fighting something you can't beat. If you can't beat em, join em. And if you can't join em, leave and test your luck with Russia.

New movie, The Post, should really be about The Times



Jacqui Neber
In Review

"Sorry, Hollywood," published on the Poynter website, is an article about a movie about a *Washington Post* story that is really a *New York Times* story.

Screenwriter John Gregory Dunne is planning a film called *The Post*, to star Meryl Streep and Tom Hanks, that will depict how the Pentagon Papers saga developed in *The Washington Post* newsroom. Hanks will star as *Washington Post* editor Ben Bradlee, and Streep will play *The Post's* publisher Katharine Graham.

Sounds like a great film, right? Two legendary actors in powerhouse roles. It sounds like a film worthy of one of the great newspaper stories.

Except, Poynter argues, the Pentagon Papers story isn't a *Post* story, it's a *New York Times* story.

In 1971, *The Times* first published excerpts of the

papers with a front page featuring Tricia Nixon's wedding, a story about a foiled airplane hijacking and Neil Sheehan's first story about a massive confidential document leak.

The documents told the secret history of the Vietnam War and were commissioned by Secretary of Defense Robert S. McNamara. The next day, Sheehan got another front-page story and another three pages of text titled the "Vietnam Archive."

What happened next is ingrained in our minds: *The Times* received a telegram from the nation's attorney general demanding the newspaper stop publishing the legal documents, accusing *The Times* of violating a federal espionage law.

The paper published more documents the next morning. The legal battle began. *The Times* was prevented from publishing any further, and its coverage paused, leaving *The Post* to pick up the slack.

Poynter writer Robert J. McNamara concedes that a movie about *The Post* and the Pentagon is a fine angle. The *Washington Post* stood up for journalism after *The Times* had been silenced, defying Nixon and continuing to bring the story to the public. *The Post* is definitely involved

in this historic story.

But *The Times* broke the story. After Sheehan received 47 volumes of (Xeroxed!) material from former Marine Officer Daniel Ellsberg, the reporter reviewed the documents with editor Gerald Gold and flew the papers to New York.

In the city, Sheehan and Gold took control of the documents and holed up in a hotel with other *Times* staffers for 10 weeks. Abe Rosenthal, a legendary managing editor at *The Times* for decades, supervised it all.

The Poynter article describes that period in *Times* history as something out of a movie, albeit not the movie coming soon to the silver screen. McNamara has a gift for setting a scene.

"Think of the scenes in that movie... The grit, the grime, the groovy things people were wearing on Sixth Avenue in the spring of 1971 as reporters and editors slipped in and out of a clandestine newsroom," he wrote. "And Abe Rosenthal, pugnacious and smart, arguing, despite Nixon's outspoken hostility toward the media, that the government's secret history of official deception had to be revealed."

After months in the secret newsroom, *The Times* prevailed in the Supreme

Court and went on to continue publishing the Pentagon Papers. They were awarded the Pulitzer Prize.

"It's one of the great newspaper stories," McNamara writes. "Come on, Hollywood, that's your movie."

Why craft this retelling of an article about a movie about a saga that doesn't even involve *The News-Letter*? To stress the importance of breaking news, our responsibility to break news despite anger from the administration and the media's obligation to give credit where credit is due.

In the past, we've encountered information that has met opposition. Deciding what to publish and when, especially in sensitive situations, is a constant learning process

that requires the input of several editors. As a paper, we've made mistakes. We've fractured relationships. We've brought stories to the public in ways that require penance.

The News-Letter has never broken something as big as the Pentagon Papers, but our responsibility to the truth remains similar to that of national publications. We have an obligation to produce the truth for our community regardless of the potential consequences (or lawsuits).

If students need to know something, we need to tell them. This isn't always easy, but it's a commitment we stick with every week. *The Times'* and *Post's* resilience with the Pentagon Papers is a timely reminder to never go silent.



PUBLIC DOMAIN
The Pentagon Papers are currently on display at the LBJ library.

VOICES

Here is the section where you can publish your unique thoughts, ideas and perspectives on life at Hopkins and beyond.

The beauty in Keyes' Flowers for Algernon



Bessie Liu
Write Me

“Flowers for Algernon” by Daniel Keyes is a short story that is, in many ways, painful to read.

The story is told, to great effect, through a collection of first-person diary entries called “progress reports,” which chronicle Charlie’s changing level of intelligence and consequently his awareness of social cues and emotions. At the beginning of the story, Charlie writes with noticeably poor grammar and spelling.

He admits, “all my life I wantid to be smart and not dumb.” This opportunity comes for Charlie when his teacher, Miss Kinnian, recommends him for an experimental surgery designed to artificially increase his intelligence. Charlie meets his doctors Dr. Nemur and Dr. Strauss, along with the mouse Algernon.

The author throws an emotional wrench at readers by having Charlie reveal particular details about what’s happening to him that he doesn’t understand. For example, before his operation he overhears his doctors saying “I know Charlie is not what you had in mind as the first of your new brede of intelekt** (coudnt get the word) superman.” Readers immediately know that the doctors have an ulterior motive for increasing Charlie’s intelligence, whereas Charlie thinks they are just helping him out of the goodness of their hearts.

After undergoing the operation, Charlie’s intelligence increases rapidly: His spelling and vocabulary improve, he can finally solve puzzles and mazes faster than Algernon, and he begins to feel more complex emotions. Whereas earlier he only recognized happiness and sadness, now he can experience shame, pride and love.

However, the irony of having Charlie pick up on conversations that he can’t comprehend fades after the surgery, as he realizes that he’s being used for an experiment. With his newfound intelligence comes the realization that people are not as inherently good as he had previously believed them to be.

Before, in a conversation between Charlie and Miss Kinnian, “she said for a person who god gave so little to you done more then a lot of people with brains they never even used. I said all my frends are smart people but there good. They like me and they never did anything that wasnt nice. Then she got something in her eye and she had to run out to the ladys room.”

Charlie eventually comes to realize that ignorance is indeed bliss, and the people he thought had been his friends had been mocking him for his mental disability. Moreover, intelligence doesn’t bring him the social acceptance

he desperately seeks; He comments, “Before, they laughed at me and despised me for my ignorance and dullness; now, they hate me for my knowledge and understanding. What in God’s name do they want of me?”

Even though this story is science fiction (no type of surgery exists that can artificially triple your I.Q.), it still pains me that Charlie equated intelligence with social acceptance, that he felt the need to improve his intelligence at all. What “Flowers for Algernon” suggests to me is that intelligence is not the most important thing to judge or define a person by, because eventually, it’s not Charlie’s newfound intelligence but his ability to feel love and loss that sets him free, that makes him become a better person.

Charlie’s childlike innocence is what enables us to feel so strongly for him. For example, the very first time he beats Algernon in a race, he asks if he can “feed him because I felt bad to beat him and I wanted to be nice and make frends.” Then, upon learning that Algernon can only eat after proving that he’s earned his food by solving a bunch of puzzles, Charlie remarks, “How woud Dr Nemur like it to have to pass a test every time he wants to eat. I think Ill be frends with Algernon.”

While Charlie identifies strongly with Algernon because they are both outsiders, having been the first ones to experience this surgery, most of it stems from a basic sense of compassion for other beings that these doctors and researchers seem to ironically lack.

Post-surgery, however, Charlie’s capacity to act emotionally juxtaposed with his doctors’ cold rationality also draws readers’ empathy. One particularly poignant moment is when Charlie witnesses the public humiliation of a young restaurant employee who is also mentally disabled and realizes that “people think nothing of abusing a man born with low intelligence.” The social commentary of this piece still resonates today.

The most painful part of reading this story, perhaps, is at the end, as we watch Charlie regress back to his initial mental state, losing everything he has managed to gain. The first tragedy is Algernon’s death, indicating that the operation has failed. As Charlie begins to lose his memory, he tries to break off the emotional ties and relationships he’s formed with other people through his brief period of clarity.

He begs, “I’ve got to try to hold on to some of it. Some of the things I’ve learned. Oh, God, please don’t take it all away.”

I will conclude with the last lines from Charlie’s farewell letter, as there is no other way to describe its emotional weight: “Good-by Miss Kinnian and Dr Strauss and evreybody. And P.S. please tell Dr Nemur not to be such a grouch when pepul laff at him and he woud have more frends. Its easy to make frends if you let pepul laff at you. Im going to have lots of frends where I go.

P.P.S. Please if you get a chance put some flowrs on Algernons grave in the bak yard...”

Trying to get over the fear of missing out



Will Anderson
Chief Notes

We all hate missing out. When we’re invited to two events at the same time, we’re upset that we can’t go to both. When we see pictures on Facebook from the party we couldn’t get to, we’re sad, even if we were having a great time somewhere else. When we see our friends from high school living it up, we’re jealous that we’re not there.

We all suffer from severe fear of missing out, or FOMO, and it’s only getting worse.

My own fear of missing out has never been more acute. Next year, I’m moving abroad, leaving some of my best friends and the newspaper that I love. I know that as I’ll be adjusting to a new life, a new language and a new school environment, I’ll see my friends’ happy posts on social media, read their heartfelt messages and get sad. I’ll miss out on a lot.

Hopkins students are ambitious. We like to think that we work hard and play hard, multitask and

stress. We continue to take on more and more because, for many of us, if we don’t seize every opportunity, someone else will. It’s all an unhealthy competition.

We all need to realize that we can’t do everything at once. We have to pick and choose, and we can’t have it all. And that’s especially the case with our social lives.

We know that social media and our public personas tell only half of the story. We forget that for every happy picture at that party, there were 20 hours writing a grueling paper or completing a tough problem set.

But even knowing this, constant communication and instantaneous connection to our entire social sphere make it harder than ever to remember to stop and appreciate what we already have. We may always want to go on to the next thing, but we should enjoy the good moments while they’re still good. We miss out on the present when FOMO always has us searching for the bigger and the better.

Leaving Hopkins is hard for some and a breeze for others, but we’ve all formed incredible, lifelong relationships with our peers and mentors. We love to complain, but even the most bitter will miss something about Hopkins.

I’ve experienced moments of euphoria and soul-crushing despair, but I’ve done it with my peers.

I’m afraid of missing out on those moments, living together with friends, celebrating and suffering together.

Still, I’m glad that I’m afraid of missing out because it shows that my experiences, both the highs and the lows, have made me grow. I came here as a scared teenager and leave as a slightly less scared young adult. I’ve learned so much about myself and my friends along the way.

But we all have to move on. We can’t get to every club meeting, to every party, to every class. And moving on has never been harder. Instantaneous connection to our friends from high school and college and to our families has undoubtedly made our lives better. We should appreciate all of these new communication platforms, whether they be through social media or our ubiquitous smartphones, that our digital age has made available.

But we can go too far in fighting our FOMO. We need to strike a healthy medium between holding too tightly onto the comforts of the past and striving aggressively toward an unclear and bright future. If we don’t, we can lose the present.

It’s important to fear missing out. It’s proof that our lives are worth living. But at the same time, we can’t let the overwhelming present obscure our past or our path forward. It’s diffi-

cult to appreciate the past, the future and the present all at the same time, and we will all fail along the way. I know that I have.

Enjoying my last few months at Hopkins while honoring the past and optimistically looking toward the future has been challenging, sometimes overwhelming. My own fear of missing out has stopped me from savoring my last semester, as I run from class to class, meeting to meeting, afraid that I’ll miss a joke.

But as I approach the end of my last semester here, I’ve decided to challenge myself: to take a lot of breaks, to savor my friends and mentors and their remarkable intelligence, to live in the present while appreciating how I got here and where I’m going. And I’m going to try not to let my own FOMO get in the way.

As midterms, like circles, never end, and as the semester rapidly comes to a close, I challenge all of us, those leaving and those not, to live in the present, but not exclusively. We’re all going to fear missing out when we leave. Some of us already fear missing out on the future here at Hopkins. But we can’t let that fear ruin our future or cloud our past.

So let’s strive for a healthy, realistic FOMO, one that reminds us of the good in our past but also reminds us to embrace our new present.

A look at Trump’s policy for Israel-Palestine



Alicia Badea
Political Compass

Diplomacy and tact are not words which come to mind when describing Trump and his administration’s handling of international affairs. He’s painted the world in black and white, according to how he sees fit, and seems intent on retaining a brazen attitude even toward America’s allies.

Yet, absolute black and white are rarely useful if the goal is to achieve some kind of productive outcome, and recognizing that the situation of Israel and Palestine is gray is a necessity.

Trump’s nonchalant comments during his press conference with Israeli Prime Minister Benjamin Netanyahu on Feb. 15 do not reflect a policy. Trump, in his role as president, cannot afford to be “very happy with the [solution] that both parties like” and to be able to “live with either” a one- or two-state solution if America is to continue to have even a tenuous claim of supporting democracy and protecting human rights.

By refusing to take a definitive stance, Trump has brushed away decades of U.S. policy and painstaking efforts taken for the sake of a two-state solution. While U.S. meddling in foreign affairs

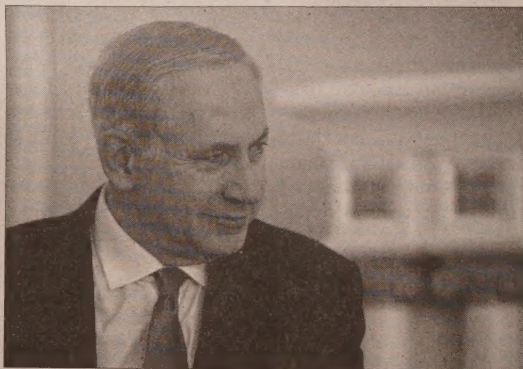
has proven many times to be detrimental, the U.S.’s power and influence is undeniable. Its particular role as a mediator in the Israeli-Palestinian conflict is an entrenched one, and the U.S.’s abdication of a strong stance leaves its position as an intermediary uncertain and will have undetermined political ramifications in the Middle East.

Even more dangerous than his remarks, however, may well be Trump’s nominee for ambassador to Israel, David Friedman, if he is confirmed.

Friedman is a staunch opponent of a two-state solution. In the past he has dismissed it, writing, “There has never been a ‘two-state solution’ — only a ‘two state narrative.’” His refusal to recognize the validity of the Palestinian plight, the human rights violations of occupation itself and the untenability of a one-state solution would possibly act as a bolster to pushing Netanyahu and his government further to the right.

Friedman unequivocally supports existing settlements, continuing expansion and extending permanent Israeli control over the occupied territories, as his articles on israelnationalnews.com show. His implicit accusations that Palestinians as a homogenous collective are solely responsible for the violence fails to account for the fact most Palestinians are innocent civilians, for Israeli violence and for the complicated nature of the situation.

One of his articles, entitled “Building Should Not be a Response to Arab Terror,” in which he argues for more settlements and that Israel has legitimate claims to the West Bank, ends



RUSSIA PRESIDENTIAL PRESS AND INFORMATION OFFICE/ CC BY 3.0 Netanyahu, Prime Minister of Israel, met with Trump last month.

with, “Peace will come if and when Palestinians learn to stop hating us and to embrace life rather than worship death. We should try to help them in that effort, but in all cases let’s continue to build!”

Friedman antagonizes Palestinians while simultaneously asserting that Israel somehow has an unchallenged right to the land of the West Bank.

He has levied accusations of anti-Semitism toward former U.S. President Barack Obama and former Secretary of State John Kerry, deflecting criticism of Israel and its policies. Perhaps even more outrageously, however, in another article, he referred to fellow Jewish people and the progressive Jewish organization J Street, which advocates for a two-state solution, in the following way:

“Finally, are J Street supporters really as bad as kapos? The answer, actually, is no. They are far worse than kapos — Jews who turned in their fellow Jews in the Nazi death camps. The kapos faced extraordinary cruelty and who knows what any of us would have done under those circumstances

to save a loved one? But J Street? They are just smug advocates of Israel’s destruction delivered from the comfort of their secure American sofas — it’s hard to imagine anyone worse.”

That Friedman would even dare to make such a comparison bespeaks an appalling, intentional misconception of J Street and progressive Jewish people, a refusal to recognize nuance in the Israeli-Palestinian conflict and a failure to see how ending occupation would improve Israel. Amongst the people who advocate for a two-state solution are those who have a deep love of Israel and a deep desire to make it better. Moreover, using elements of the Holocaust for cheap political shots is a disgrace.

While Trump’s own flippant, noncommittal comments signal a strange and uncertain shift in U.S. policy, his nomination of David Friedman is a definitively detrimental action. Friedman’s attitude reflects a lack of empathy for the Palestinians and an obstinate, narrow-minded view of the conflict. His confirmation would be a step backward in the process toward peace.

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NEWS-LETTER

Editorials

Former convicts deserve equal access to higher education

For those with criminal records, seeking access to higher education can often seem pointless. The obligation to report any past convictions on college and graduate school applications has discouraged former prisoners who want to better themselves through education.

The Common App, for example, which Hopkins and many other colleges use, requires applicants to disclose if they have ever been convicted of a crime. The Maryland General Assembly, the state legislative body, is currently considering a bill that would eliminate that requirement.

The Maryland Fair Access to Education Act of 2017, part of the larger Ban the Box movement, would require colleges that receive any state funding, including Hopkins, to remove any question which requires potential students with any criminal convictions to disclose them on their applications.

This measure would not bar a university or any institution of higher education from conducting normal background checks on applicants they consider for admission. The purpose of the act is to ensure that applicants with criminal records have the chance to prove their merit before any sort of criminal check occurs.

The Editorial Board believes it is vital that those with a criminal record are not systematically barred from access to higher education. A good education

provides an opportunity for socioeconomic advancement and successful reintegration into society following a conviction.

Those with a criminal record already face substantial discrimination within the housing and job markets; They shouldn't face it in education too. Additionally, this bill would help counteract the harmful ramifications of the so-called "War on Drugs," which has led to the disproportionate conviction of black and Hispanic youths for drug related crimes. The box therefore disproportionately affects the same minority groups that Hopkins claims it wants to support.

The box has dissuaded ambitious former prisoners convicted of petty crimes, like marijuana possession, from applying to college. The box treats convictions for violent crimes and petty drug possession with the same weight. For example, it is unfair to prevent those convicted of minor drug possession from attending college for the same offense that many students themselves commit regularly without punishment.

Today, a college education is becoming increasingly necessary to gain meaningful employment, and categorically denying this to former inmates threatens their future prospects.

The first step to receiving that education, though, is the application,

and the Editorial Board recognizes that many potential applicants know that the information they disclose will make their acceptance less likely. The removal of the box from applications could make them feel more welcome and accepted in the college admissions process.

The mistakes that former criminals made years ago should not outrightly inhibit their education, and they should not be deprived of economic mobility because of a minor offense they committed in their youth.

It is unclear how the box could be removed from the nationwide Common App if the new policy only applies to Maryland colleges. But we are confident that Hopkins and other institutions will come to an adequate solution if the bill passes.

The Editorial Board commends the University's continuing efforts to hire former convicts and believes this bill would support their advancement and reintegration. We also stand with the Johns Hopkins Jail Tutorial Project, which has voiced its support for the measure.

Our criminal justice system should be striving to rehabilitate lives, not permanently destroy them. Wider societal changes are necessary to make this vision a reality. But the passage of the Fair Access to Education Act would be an excellent start toward this future.

Why Hopkins students should care about Remington gentrification

Remington, the neighborhood just south of the Homewood Campus, was originally inhabited by Baltimore's working class families. In recent years, however, the area has seen a spike in housing prices and experienced an influx of single, white Baltimoreans in part due to its proximity to Hopkins.

This year, in particular, two new establishments have raised the question of the University's role in local gentrification: Remington Row, an upscale apartment complex, and R. House, a trendy food market. Representatives from the University claim that University President Ronald J. Daniels does not have a formal relationship with Seawall Development, the real estate company responsible for these new buildings. However, Seawall representatives claim

that the University had an integral role in the development.

The Editorial Board encourages the University to be clear and upfront about any formal or informal relationship with Remington developers and acknowledge both the positive and negative effects that these buildings are having on the neighborhood. For example, R. House Actively hires members of the local community, but attracts mostly non-residential patrons.

Remington Row will bring an influx of new higher-income residents with more money to spend in local businesses, but will also contribute to the rising rents and home prices that are forcing many long-time, working class residents to move.

As Hopkins students, we appreciate all of the new amenities and ac-

tivities that are popping up in Remington. However, we the Editorial Board call on students to educate themselves about the community and acknowledge the ongoing gentrification. Developments that privilege new arrivals at the expense of long-time residents rarely serve the local community well.

Forcing out the community members who are too poor to pay their rent just pushes poverty around and eliminates opportunities for social mobility. Remington residents should not be forced to uproot their lives in order to attract outsiders to the neighborhood.

The Editorial Board calls on the University to always consider its impact on Baltimoreans. Even well-intentioned ideas, which we believe these developments are, can do more harm than good.

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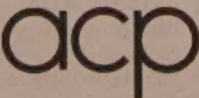
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OPINIONS

With the exception of editorials, the opinions expressed here are those of the contributors. They are not necessarily those of The Johns Hopkins News-Letter.

New health care law is worse than Obamacare

By NICK EAGLE

Since the day the Affordable Care Act, better known as Obamacare, became law in 2010, the Republican Party has successfully attacked it to the point that the Repeal and Replace movement has appealed to many Americans.

Obamacare did not solve many of the problems it set out to fix. Other than getting more people coverage, which occurred because of Medicaid expansion and government subsidies, the law has been a colossal failure. Premiums rose more than initially predicted, plan choice reduced over the years as companies dropped out of certain markets due to increased costs, and in what PolitiFact deemed the Lie of the Year in 2013, you could not necessarily keep your plan if you liked it, as millions of Americans received cancellation notices.

The GOP opposition to this law was once only a fairytale and a popular talking point, but with a Republican majority in both the House and the Senate and with President Trump in the White House, Republicans recently got smacked in the face with keeping the promise they've made for nearly seven years. Voters demanded a quick repeal and replace, and in all the time Republicans had to have a plan ready to take Obamacare's place, they instead played politics and pro-

duced the American Health Care Act last week. This bill is best described by Republican Congressman Thomas Massie who calls it a "stinking pile of garbage."

Speaker of the House Paul Ryan was quick to defend the legislation that was immediately denounced by the Freedom Caucus and several senators, including Rand Paul and Susan Collins. This initial pushback from select Republicans happened even before the Congressional Budget Office (CBO), a nonpartisan budget and policy analysis agency, released their take on the bill just this past Monday. After their shocking interpretation, the bill that gave some Republicans some hesitation is almost certain to create more staunch opponents.

The CBO has given their best estimates on the bill's effects, and it doesn't look too good. Twenty four million Americans are expected to lose coverage by 2026. Fourteen million would lose insurance within the first year. Granted, that comes from personal choice of policy holders with the removal of the individual mandate, which penalized individuals who did not have insurance. It also comes from higher premiums that are expected the first few years the law is enacted.

However, I'm not convinced that Republicans have removed this individual mandate. One aspect of the law is that insurers must apply a 30 percent surcharge on premiums for people who enroll in a plan after having been uninsured for more than 63 days within the past year. So if you hesitate to get insurance or wait to get it until you are sick, you are subject to this "surcharge," better known as

a tax. This is exactly what Obamacare does, but in a more direct way.

I also find it staggering that Republicans have the audacity to throw a party over a \$337 billion deficit reduction over 10 years. With an annual deficit that hovers around \$500 billion and Republicans' budget plan to keep all other spending at the same exact level, this is nothing to be celebrating. We need much deeper cuts and reforms to get us to a balanced budget. If the cost of this reduction is more distortion and cronyism in the health insurance marketplace, I say no thank you.

Don't get me wrong. I want Obamacare repealed as much as anyone else, but what the GOP is offering is more big government solutions to a problem that requires less government solutions. Examining why health insurance is so expensive now, we should be begging the federal government to stay out of the way and let the free market handle it.

When the federal government got into the business of healthcare in the 1960s with the creation of Medicare and Medicaid, demand for insurance skyrocketed while the supply of doctors and other health care providers dropped, which caused the price of providing health care to go up.

Several other laws and regulations have enacted bad policies that cause prices to go up and competition to go down. Several administrations authorized pharmaceutical drug monopolies and restrictions on drug importation, causing extremely high prices for prescriptions. The Nixon Administration instituted harsh regulations on the construction and supply of hospitals. Recent pushes by the government to increase demand artificially have only made things worse.

Why should we trust the government to fix these problems, when they were the ones who created the problems?

Nick Eagle is a graduate student studying applied economics from Apopka, Fla.

Spring break in Mexico is problematic and political



BEACHFRONT SOLUTIONS/CC BY-SA 2.0

Many students spend their spring breaks in Mexico without knowing the consequences.

By GILLIAN LELCHUK

Spring break is finally upon us, and for me, that means three things: Procrastination will rise to an all-time high, visits to the dog park will become essential and my newsfeed will be full of pictures of friends visiting places like Cabo and Puerto Rico.

Earlier this week, I was scrolling through Twitter, and I saw two screenshots of a white college-aged male's Instagram. In the first picture, he and his two white friends stood in front of an American flag. The caption read, "Build the wall." The second picture featured him downing a shot on a beach in Mexico, no caption needed.

That got me thinking. This is supposed to be a week of fun, sun and relaxation, so by all means, lounge around on the beach. You're a Hopkins student. You deserve some time off. But if you're spending your well-earned break drinking a margarita in a Latin American country, at least think a little bit more about the political implications of your visit.

Tourism can be an incredibly important part of a country's economy, but it's also important to recognize the irony in American college students jetting off to Mexico while the President plans to build a border wall. Maybe you're going just for the beautiful views, but when you use a foreign country as a vehicle for your alcohol-induced bikini snapshots, you actively participate in a narrative that excludes the people who live in those countries.

When you publicize Cabo as the place to be during spring break, you abuse Mexico and ignore the growing tension involved in immigration politics. If you support Trump's border wall and spend your break in Mexico, you easily assert that this entire nation exists only for your enjoyment. If you don't think Mexicans have a right to visit America, why should Americans have the right to visit Mexico?

You probably weren't thinking about politics when you bought your plane tickets, and that's fine. Spring break is supposed to be a break, and you shouldn't have to think about politics and foreign affairs all the time. But you have to admit that something is wrong with this picture.

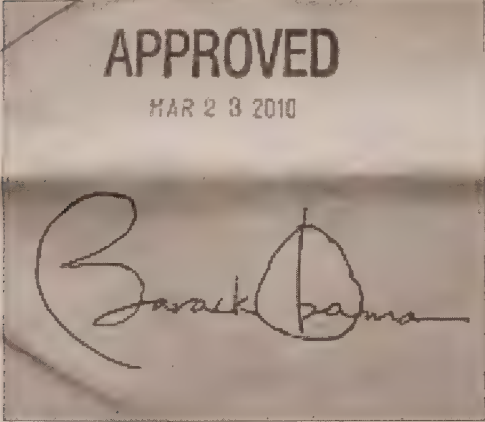
Your country's official stance on foreign affairs is "America First," the exact same slogan of a World War II era group that urged the United States to appease Hitler and ignore the plight of the European Jews. America First means we look after ourselves before anyone else. And America First means that our college students' spring vacations are more important than the human rights issues that drive people to leave Latin American countries in the first place.

I'm not trying to blame you for having a good time. Immigration, xenophobia and human rights issues are obviously not the fault of any one spring breaker. But what happens when you add them all up? When you include the conservative white people who want Trump to build the wall? When you reduce entire nations to one city? Yeah, that can be a problem.

This isn't meant to be a call to action or meant to call anyone out for spending their vacation in a certain way, because in the end you're the only person who can decide whether or not you go to Cabo next week. Just keep in mind that your actions go beyond yourself, and when you travel abroad, in a way, you represent the entirety of the United States.

And don't you want the world to see us as more than just drunk college students?

Gillian Lelchuk is a junior Writing Seminars and mathematics double major from Los Alamitos, Calif. She is the Opinions Editor.



OBAMA (OBAMACARE)/CC BY-SA 4.0
Obamacare has been heavily criticized for its individual mandate.

Take time to listen, but don't wait too long to take action

By TOMMY KOH

Change is the only constant. In student administration, this premise can certainly be applied broadly. Indeed, many who facilitate conversations about student leadership and involvement often preach the importance of adaptability, to be creative to avoid being stagnant, to innovate to achieve greater things, to experiment as a way toward new beginnings.

The field of leadership does not have a monopoly over change. Organizationally, change is demanded when we fall short of excellence, such as the inefficient meetings I wrote about in the past. Individually, change is desired in our conversations with others, either to persuade others or to clarify our own perspectives.

We have co-opted the concept of change for our own purposes and found ways to define it to our benefit. We take advantage of the fact that change is so universal that there is more than enough to go around and by extension, more than enough to claim.

Change is stressful. It is often the basis for which we give ourselves excuses, or "greater flexibility," to find our footing and our direction. Yet, when change is a constant, would that mean that we give ourselves constant excuses or unending flexibility? The ubiquitous nature of

change, along with our willingness to both embrace and be beholden to it, has created situations where ambiguity hinders progress, where preoccupations with the here and now stand in the way of what might be, where present frustrations prevent future excellence.

My biweekly column has focused extensively on the student experience and on the systems and structures that affect students here. By nature of our attendance and involvement with this institution, the organizations that surround us and how they function affect our experience both directly and indirectly.

This week, I want to focus on a critical group of people who represent change on this campus, new administrative staff members who work on the student affairs agenda or are otherwise engaged with students. Specifically, I want to engage with the idea that, as these new staff additions transition into our community, they must take time to listen, but cannot wait too long for action. Let us consider a simple model with two poles:

1: Heavy-handed and quick to act.

In a recent conversation about a new staff member, a

friend and I agreed on how we respected this person's sense of direction and the steps that were being taken to build capacity. However, I realized I wasn't particularly comfortable with how new structures were being imposed.

Let's be clear, I'm not arguing against change. As an administrator, I appreciate how change is necessary for efficiency and effectiveness. Yet the process of change varies.

My experience has taught me that merely copying and pasting from previous experiences does not work well in new contexts. Care must be taken to understand the environment where change is sought.

Think of it as an Excel spreadsheet. Unless one pays attention to the destination, existing cells with important content may be unknowingly replaced. Once successful formulas no longer add up.

2: Indifferent and slow to act

Consider, on the other hand, a new staff member who is tentative and cautious. Starting out with the intention of learning, decisive actions are put on hold. This creates a slippery slope where action can always be delayed in the name of "consensus building" rather than neutrality, another topic I have recently

The dialectic between listening and acting is the biggest challenge new staff members face.

PHOTO ESSAY



Welcome to Remington

Photos by Kunal Maiti



THE B SECTION

YOUR WEEKEND • ARTS & ENTERTAINMENT • CARTOONS, ETC. • SCIENCE & TECHNOLOGY • SPORTS

MARCH 16, 2017



Arts & Entertainment

Drummer of band *Biffy Clyro* talks new album — B3

Hopkins grad tell us about her *Bachelor* experience — B3

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Science & Technology

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Sports

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DanLand: Assessing NCAA basketball brackets — B12

YOUR WEEKEND MARCH 16-19

Events in Baltimore An outdoor adventure only half an hour away this weekend

Thursday

Seat Yourself: Poems in New America, New America, 7 p.m.

Performances by Suzie Doogan, Michael Stephens, Grace Davis, Lily Herman and Anna Crooks. Drink specials, snacks and donations for aging poets accepted.

Friday

TransORGs of Bmore Happy Hour, Red Emma's Bookstore Coffeehouse, 6 p.m.

An evening of community, sanctuary and discounted drinks at Red Emma's where people can meet activists working to empower transgender Baltimoreans and can listen to and share projects. No admission fee.

St. Patrick's Day Events, Various locations, 10 a.m. – 2 a.m.

It's St. Patrick's Day this Friday, and just about every bar you can think of, along with museums and other locations, is having some kind of party or drink special. Delia Foley's in Fed Hill, Port Discovery Children's Museum, Club Orpheus and all of Little Dublin are hosting events all day and into the night. Many have no cover; Others may have an admission fee.

Saturday

AVAM's White Elephant Barn Sale!, American Visionary Art Museum's Tall Sculpture Barn, 7 a.m. – 12 p.m.

AVAM is pulling everything out of their closets and storage spaces to sell for cheap, including books, retro AVAM and Kinetic memorabilia, tech things and much more. No admission fee.

Super Art Fight: Better Than The Last Time!, Ottobar, 8 p.m. – 12 a.m.

Artists including Stabby Abby, Jamie "Angry Zen Master" Noguchi, Baron Von Sexyful, Two-Drink Alex, Mistress DoomCannon and others will engage in a mixture of live art, pro-wrestling style acting and storytelling and improvised comedic commentary. \$15.

Sunday

Avant-Garde Book Club: Making (Non) Sense, The Baltimore Museum of Art, 4 p.m. – 4:30 p.m.

Poet Param Anand Singh will lead an in-depth conversation, spoken-word exercises and a session on innovative writing. The Book Club will discuss *The Scarecrow*, Theo van Doesburg and Kurt Schwitters. The exhibition is part of the *Off the Shelf: Modern and Contemporary Artists' Books* exhibition. Free.

By EMMA WEINERT
For The News-Letter

Once upon a yester-year, there were signs of spring in the air. This made the thought of hiking this past weekend enticing (a few weeks ago).

As a member of the Experiential Education program here at Hopkins, each year, we lead a hike with our newly accepted members to find leaders for our Pre-Orientation program. This past Saturday was that hike, and the weather was not on our side.

Though it was seasonally cold, the biting wind and chill temperatures were unwelcome early on a Saturday morning.

Before the hiking portion of the day began, a quick pit-stop at the Waverly Farmers' Market was necessary.

Even through the surprisingly harsh wind, smiles were plentiful, and there was a charming community atmosphere. After grabbing the essential milk and eggs from the local dairy farm, it was time to brave the great outdoors.

For the hike, we decided to go to Oregon Ridge Nature Center. The center is about half an hour outside of Baltimore by car, and it is a facility of the Baltimore County Department of Recreation and Parks.

Sadly, I did not see Leslie Knope or Ron Swanson while I was there. However, there were some pretty cool other things to see.



COURTESY OF EMMA WEINERT

Hikers cheerfully march across a log at Oregon Ridge Park, showing that fun can be had even in the cold.

Due to its proximity to Baltimore, there is somewhat of an urban feel on some portions of the trails. The sound of cars and the sight of telephone poles are not too far away.

However, for most of the hike, we were surrounded by trees, away from the everyday stresses of city living and college life. The trails at the Oregon Ridge Nature Center are not particularly challenging, so it is a great place to check out if you just want a short break from Baltimore or the Hopkins bubble.

Apart from all of the trails that you can check out, there is also a nature center with local wildlife and plants. They have all types of animals at the center ranging from turtles to chickens to hawks. There is a pair of geese that is not particularly

friendly toward human visitors. If you go near their enclosure, they aggressively squawk at you.

However, there is also a much friendlier barred owl that will quietly stare at you. The nature center focuses on educating its visitors about local wildlife and plant life and how human actions can positively or negatively impact them.

Better than the aggressively squawky geese was the opportunity to connect with my fellow hikers. We discussed topics ranging from the rise of conspiracy theories to *Schindler's List* to the value of mediation in a modern lifestyle.

The simple context of being in an outdoors setting, no matter how close to urban reality, let us forego our worries for a time. We wondered

about the legitimacy of the moon-landing and the prospect of colonizing Mars. We let our minds wander.

For just a little bit, we let go of what we were "supposed to" worry about and simply enjoyed our surroundings and each other's company.

We cannot all make it out to the Oregon Ridge Nature Center every weekend or to the plethora of other outdoors spaces in the surrounding Baltimore area. But sometimes letting your mind wander for a bit while you're under a tree could be just as good.

Not all nature adventures need to be earth-shattering backpacking treks. Some of them can just be in your backyard! And who knows, maybe someday you will get out to go see those squawky geese.

A D.C. Sunday: brunch, bougie busboys and bikes

By HANNAH MELTON
For The News-Letter

This semester, I vowed to see more of Baltimore. I forgot that I also wanted to see more of D.C. Sure, I've done the museums and monuments; I've been there for interviews, conferences and field trips. But I haven't spent much time exploring the D.C. lifestyle.

So last weekend, my friends and I set up a brunch with a professional contact in the District and headed in on the first MARC train that Sunday (hot tip: It's 9:15 a.m.). The brunch was a 10:30 a.m. reservation at Tico DC, a hip Latin-American fusion place on U Street and 14th near Logan Circle.

I'd heard from alumni friends that U Street was a pretty posh place. The area has been gentrified quite a lot in the last few decades, and now it's teeming with young professionals, as evidenced by the slew of bars, trendy gyms and bougie little shops.

Tico turned out to be a great pick. With lots of tables and reasonable prices, brunch specials ran the same price as One World's, between 10 and 15 bucks. There was a lot to be said for the place.

The cocktails looked scrumptious, but our meal was semi-professional, so we stuck with coffee (which was served strong and somehow never added to the bill).

I got nervous when we ordered; One person in the party is vegan, and I had forgotten to call

ahead. However, when we let the waiter know, he went back and arranged with the chef to have a special dish made for my friend. What came out was an avocado-and-vegie sandwich that looked delicious, along with hand-cut fries. She was very pleased.

The rest of our table ordered the specials of the day: one was an open-faced sandwich with smoked fish, bacon and cheese, and the other was a frittata-like omelette of the day featuring artichoke, spinach and goat cheese.

The potatoes on the side were perfectly cooked and seasoned, possibly the best I've ever had.

Following brunch, we went one block down and stopped in Busboys and Poets, a place recommended by our friend. We were under the impression it was a little bakery and bookstore.

We were wrong. It was a full-blown café that also happened to house a small selection of politically salient books. I purchased two copies of Chimamanda Ngozi Adichie's *We Should All Be Feminists*, and paid a reasonable 16-odd dollars in total.

Across the street from Busboys and Poets was a Capital Bikeshare stop. We were planning to head up to Georgetown, so we decided to look up the bike route.

It was only 15 minutes, so we went for it. Pro tip: You can rent a bike for just two dollars if you keep your ride under an hour. It probably cost less than the metro, and we got to



COURTESY OF HANNAH MELTON

Georgetown Cupcakes are just as delicious as they are said to be.

enjoy the city and feel the sun on our faces the whole ride.

We dropped off the bikes in Georgetown and walked a block downhill to the river. It was a lovely day, and lots of families featuring cute kids and dogs lined the trail along the shore.

After a few minutes of people watching, it was very apparent we were in a pretty affluent area. We saw North Faces and Vineyard Vines galore. The buildings were all beautiful brick, with a clearly colonial vibe. Most streets were cobblestone.

Of course, no trip to the famed college town could be complete without a stop at Georgetown Cupcake. Being a Georgetown Cupcake virgin, this was my first go at the supposedly "amazing" baked goods.

A cupcake is a cupcake, right? I've had Sprinkles in Chicago and Baked by Melissa in New York. How much better could this place be?

After waiting in line

for about 15 minutes (we were queued outside, trailing down the block), we made it into the shop to find a sweet tooth paradise.

The display case was chock-full of pretty sugar bliss. With about two dozen flavors, it was hard to settle on just one. Our party opted for a vegan apple cinnamon, a mocha fudge and a chocolate coconut. All three were incredibly delicious. The vegan cupcake was the best vegan baked good I've ever tasted.

After our snack, we walked up to the Georgetown Circulator stop and paid one dollar each for a ride to the end of the line, which conveniently happened to be Union Station.

Next time you're in D.C., skip the mall. Take some time to check out the neighborhoods: the up and comings, like Logan Circle or Shaw and the classics, like Georgetown. I can now confirm that the cupcakes are worth the hype.

ARTS & ENTERTAINMENT

Biffy Clyro drummer Hopkins grad discusses her time on *Bachelor* talks latest album

By JACOB TOOK
Staff Writer

In an age in which rap and hip-hop dominate mainstream airwaves, I probably don't listen to as much rock music as I should. When I do, it's normally old '60s and '70s classics that I remember listening to with my parents. Yet contemporary Scottish alt-rock band Biffy Clyro has a special place in my heart.

The band's seventh album *Ellipsis* was released last July, and they're about to begin the North American leg of a global tour promoting the project, which debuted at atop charts in the United Kingdom.

Ben Johnston, the band's drummer, spoke with me about their experience creating *Ellipsis*, which he considers to be very different from their previous work for many reasons. He said that the band's break from touring before beginning the project ensured that it had a distinct sound.

"We enforced a break from touring for almost a year purely because we didn't want *Ellipsis* to be a continuation of anything we'd done before," he said. "We had a bunch of songs written, and they were great songs, but they

weren't really feeling different enough so we had to enforce a change."

Biffy Clyro approaches their albums in trilogies, which Johnston said was simply because they, as a three-piece band, liked to work in sets of three.

"The first three albums are way more experimental stuff," he said. "On the second trilogy it was all about creating an epic rock sound. So on this one we're certainly not going to repeat anything from the earlier albums. One thing I can guarantee you is that it won't go backwards."

Johnston said that something that sets *Ellipsis* apart is their new producer Rich Costey, who incorporated influences from hip-hop to lend the album a distinct sound. Johnston joked that they'd hired a producer who didn't like rock music, but that Costey pushed them to test where they could take their music.

He said that in Costey they hoped to find someone who would find a fresh angle to their music after their previous six albums.

"We employed him to force us not to slip into old habits," he said. "He'd make me play left-handed or he'd start taking drums

SEE CLYRO, PAGE B4



COURTESY OF TAYLOR NOLAN

Hopkins graduate Taylor Nolan featured on the latest season of ABC's hit reality show *The Bachelor*.

By KATHERINE LOGAN
Staff Writer

After graduating this past May with her Masters in Clinical Mental Health Counseling, Hopkins alumna Taylor Nolan decided to go on *The Bachelor* as a means of pushing herself outside of her comfort zone.

She said that in "going on national television and dating a total stranger," her goal was to "dare greatly." Earlier this week, I had the opportunity to discuss her time at Hopkins, her experiences on the show and her plans to continue her work in the field of mental health.

Nolan lived in Baltimore for six years before going

on *The Bachelor*, as she attended Stevenson University for her undergraduate degree before pursuing her graduate degree at Hopkins. She enjoyed her time in the city and embraced its unique qualities.

"I love Baltimore. It's got a lot of character. It's got a lot of struggle, but it's got a lot of strength as well. It's a nice community to be a part of because everyone is very invested in the community, especially people at Hopkins," she said.

While many of her "In the Moment" interviews featured references to Hopkins, her education wasn't something that Nolan frequently used to identify herself prior to *The Bachelor*.

"When I tell people what I do, I never name-

drop Hopkins," Nolan said. "But that was something on the show that they were very much like 'Yeah, say where you went to school.' So when you see me actually tell Nick [Viall], that was one of the first times that I'd actually fully been like 'Yeah, I completed my Master's degree at Johns Hopkins' by way of introducing myself to someone."

In her interviews, she had often been prompted to tell more about where she had gone to school.

"I think that was something that the show really liked about me. I think they were very much intrigued by that, and it was definitely a selling-point for why they wanted me to be cast," she said.

Nolan felt that what had gone on behind the scenes was intriguing.

"There's so much," she said, "so many conversations that viewers don't get to see. My conversations with him at the beginning were really good. He was very genuine... He

definitely has a playful side to him. But there were definitely some concerns for me as our relationship started developing."

"It felt like, knowing what I do in and my background [in mental health counseling], which he very much respected, he was almost taking advantage of that and using it to help him out in a way, very much wanting my advice on things and wanting my observations."

Although Nolan felt that the relationship had started off well, his focus was on her insights rather than her as a person. "Honestly a lot of our conversations became him asking me questions about Corinne [Olympios]. I'd say that was about half-way in that I started to feel a lot less connected, and my excitement and my crush on him kind of started to go down," she said.

This season, there was an especially intense focus placed on the dynamics between the women in the house, but perhaps no relationship was scrutinized more intensely than that between Nolan and her fellow contestant Olympios. In an "In the Moment" clip shown prior to her two-on-one date with Olympios and Viall, Nolan questioned whether Viall wanted "a woman with her Master's degree from Johns Hopkins or a girl with a nanny?"

Ultimately, Viall chose to continue his relationship with Olympios. As a feminist, I couldn't help but feel that decision sent an interesting message to young women watching the show, and Nolan agreed.

"When I hear that clip or when people talk about

SEE BACHELOR, PAGE B4

Killer of Sheep opens Hopkins Film Festival



Will Kirsch
The Cut-Rate Critic

The Johns Hopkins Film Festival got its 20th anniversary rolling on Thursday, March 9 with a screening of the 1978 film *Killer of Sheep*.

The event was held in Shriver Hall, the ancestral home of on-campus spectacles and horrifying freshmen orientation events. Mercifully, between March 9 and 12, Shriver hosted only quality cinema as brought to you by the Film Society, which tends to do quite a good job with its annual film festival. The movies

are generally interesting, and if you fancy yourself an amateur critic you are bound to enjoy a brief respite from your two-hundred-plus pages of weekly reading.

This year's festivities got off to an auspicious start with the showing of *Killer of Sheep*. Made in 1978 by director Charles Burnett, the film was not actually released until 2007 due to a conflict regarding music rights for the soundtrack, again proving that capitalism is the absolute worst.

Fortunately, art, like the Geto Boys, cannot be stopped and just shy of

its 30th birthday, *Killer of Sheep* was released to rave reviews.

Charles Burnett is not a name that is familiar to most audiences, nor was it familiar to me before seeing *Killer of Sheep*. Burnett is a University of California, Los Angeles Film School graduate from the Watts neighborhood of LA.

As a film student, Burnett was part of the Black Independent Movement, a group of filmmakers who tried to portray the lives of African Americans without the traditional Hollywood white-

washing. Burnett's films are not the most celebrated in terms of box-office sales, but in general they are critically well-received and often win awards more interesting than the Oscars.

Killer of Sheep is not so much a story as it is a non-linear collection of related episodes. Things do not really happen in any coherent order or within a particular structure, but they are all related through common characters. The film documents the life of a working class black man, Stan and his wife and two children in Watts. Stan works in a slaughterhouse, which features prominently and fairly graphically in the story.

If you are a vegetarian or are in denial about where meat comes from, you might find some discomfort in the series of shots showing sheep being literally led to the slaughter. However, it seems like that is the point of that scene: Stan's job is a taxing one, both physically and mentally, and Burnett likely wanted the viewer to share in Stan's burden.

The slaughterhouse, along with the grind of middle-class working poverty, has an effect on Stan's life at home, making him distant and depressed. Those emotions are a constant undercurrent throughout the *Killer of Sheep*'s episodic story. The setting, a broken-down and decrepit Watts, is rife with the same feelings with which Stan struggles.

Children play in narrow

SEE SHEEP, PAGE B4

KILLER OF SHEEP

Starring:
Henry G. Sanders,
Kaycee Moore,
Charles Brady,
Angela Burnett and
Eugene Cherry
Director:
Charles Burnett
Run Time:
80 minutes.
Rotten Tomatoes:
97 percent
Our Score:
8.95347/10



MATERIALSCIENTIST/CC-BY-3.0

Charles Burnett, a graduate of UCLA, directed *Killer of Sheep* in 1978, and it was released recently.

Nicki Minaj and Remy Ma rap feud continues

By JACOB TOOK
Staff Writer

Well, it took almost two weeks, but Nicki Minaj finally dropped a response to Remy Ma's shots in "shETHER" and its somewhat lackluster follow-up "Another One." And, as expected, Nicki's new track "No Frauds" is nothing short of phenomenal.

To make sure we're all on the same page: Nicki and Remy have had on-and-off beef for the last several years which recently flared up again after Nicki's fiery verses on Gucci Mane's "Make Love" and Jason Derulo's "Swalla," both released at the end of February.

Remy responded with an absolutely stellar seven-minute diss on "shETHER," in which she addressed everything from rumors about Nicki's implants to supplanting her brother, who was charged with felony rape in 2015. Remy's track caused quite a stir on its release, with many claiming that it had ended Nicki's career.

When Nicki failed to provide a timely response, Remy dropped "Another One," referring to DJ Khaled's iconic

phrase. But "shETHER" proved impossible to follow, and "Another One" didn't deliver nearly the same damage.

And still, there was nothing from Nicki besides a few indirect acknowledgements of the beef on Instagram and Twitter and bragging about the success of "Make Love."

Admittedly, "Make Love" will be remembered alongside Kanye West's "Monster" and Yo Gotti's "5 Star Remix" (also with Gucci Mane) as one of her best features ever. Still, her fans clamored for a direct response to Remy's attacks.

For two weeks, we were left with near-silence from Nicki. And did her career die? Far from it. In fact, "shETHER" proved not to have the long-lasting influence that was initially predicted, in part due to its lack of replay value as an actual song.

Just when it seemed like things had settled and Nicki was going to ignore Remy entirely, she dropped three new singles, one of which is "No Frauds," featuring Drake and Lil Wayne.

"No Frauds" is a fiery

SEE NICKI, PAGE B4

ARTS & ENTERTAINMENT

Former reality TV contestant shares experiences



JOSH HALLETT/CC-BY-SA-2.0
The Bachelor 14's Jake Pavelka and winner Vienna Girardi broke up soon after the show.

BACHELOR, FROM B3
that clip, there's this automatic sense of guilt that comes over me: 'Oh, how dare I flaunt or be proud of my education and my accomplishments?' I was speaking to the basic facts of who we are as people and how we're different. He was making quite a statement with whom he sent home that day," she said. "I don't think that there's any right or wrong way to go about forming a relationship, and I think Nick based [his] decision off of how strong of a connection he felt with Corinne," she said.

Despite this connection, Nolan wondered whether younger viewers might have benefitted from seeing a deeper relationship.

"I think [theirs] was also more of a playful, flirtatious, sexual energy-based connection," she said, "which sucks for a lot of viewers who are a

lot younger that are looking up to the show. Now, they're worshipping those behaviors of Corinne, which may be right for her but may not be right for a 10-year-old girl that's watching the show and trying to figure out how to get her crush to notice her."

Fans of the show have come to expect dramatic, dejected shots of the woman that doesn't receive a rose, juxtaposed with shots of the bachelor and the other contestant riding off into the sunset. Nolan described what it was like to have to go through the process of filming her post-break-up scenes.

"It was a little uncomfortable. They leave, and then I'm surrounded by a bunch of crew members and producers. I got up from the table, and I was like 'Alright, what do we do now? Can I go?' They were kind of like 'Oh no, can you sit back down at

voodoo cleansing ritual. "I was so ready to get out of there," Nolan said. "The women though were so nice and so supportive throughout the whole day. The cleansing ritual was a really weird thing, but it was another new experience, and I was like 'Just be present. Be vulnerable. Go with it. It's really weird, but it's part of your experience.'"

Nolan herself didn't drink during filming but highlighted the role that readily available alcohol plays behind the scenes in the dynamics amongst the women in the house.

"I think an important piece for people watching the show to remember is that there's a lot of heavy drinking on the show,"

she said. "I don't drink alcohol. In the kitchen there's a bunch of liquor; There's a grocery list, so you can put on whatever you want."

While the way the season was edited may have highlighted the drama amongst the women in the house, Nolan said that a lot of them actually got along and formed really strong friendships over the course of the season.

"Frankly, it's really sad that the show doesn't showcase that at all, even on 'The Women Tell All.' I get that it looks like everyone apparently hated me for some reason, but that wasn't the case at all," Nolan said. "I would say there were probably three relationships where there was clear tension there between one or two girls where people just didn't click and didn't really like each other, including the one between Corinne and I."

"Other than that, there are some super strong relationships that are built from the show. On 'The Women Tell All,' there were a lot of really great logical, valid, reasonable points that women made in support of me and how I was in the house, and none of that got aired," she said.

"No Frauds" builds on Nicki/Remy rivalry

NICKI, FROM B3
diss back at Remy, returning jabs about plastic surgery and employing ghostwriters as well as questioning Remy's competency as a mother after leaving her son for six years while she was in prison from 2008 to 2014.

Some wanted to see more from Nicki after "shETHER" and were disappointed by the brevity and relative indirectness of "No Frauds." Nicki knows what she's doing, though. She knows that diss tracks don't usually make hit songs, but "No Frauds" can comfortably be listened to on repeat for several days (trust me, I should know).

At this point, Nicki's really just using the beef to promote her upcoming album. Alongside "No Frauds" she dropped two other singles, "Changed It," a weighty, brooding track with Lil Wayne and "Regret In Your Tears," another heavy ballad that feels like a more mature follow-up to some of her emotionally-loaded tracks on *The Pinkprint* in 2014.

Ultimately, it's important to remember that the idea that there can only be

one "queen of rap" is the creation of a sexist, male-dominated industry. Why is it that Meek Mill can come back from a diss like "Back To Back," but "shETHER" was supposed to have ended Nicki's career?

I think I've made it pretty clear that I took Nicki's side through all this beef, but the question has to be asked: Why not both? Why do we have to choose?

I'm only on Nicki's side because I've been listening to her music for years, but by the time I started paying attention to music, Remy had already all but disappeared from the industry. I don't listen to Remy much, but I have respect for her after a track like "shETHER."

And it's easy to blame them, to say that the beef started because Nicki was making a claim for herself as the new queen of rap while Remy still dominated the industry, but rap has always been a male genre. It's not fair to blame these women, who are both excellent rappers, for feeling as though they are in competition, because they have been forced into competition by the industry.

Killer of Sheep provides strong start to festival

SHEEP, FROM B3
apartment hallways, run through empty lots full of wasting infrastructure and throw rocks at trains as they pass Watts by. Burnett's landscapes create a sense of tenuous survival, of working poverty: the short end of the stick.

The film's budget was only \$10,000, and using that money to make a movie is like telling someone to make an eight course meal with wine pairings and then giving them \$2 to buy groceries. However, the tight budget seems to work in the film's favor. Nothing feels fabricated or faked. The absence of a set and recognizable faces among the actors gives *Killer of Sheep* more of a documentary feel, defying the sense of detachment that often exists in film. It sort of feels like you are just standing in the corner of the room watching someone's life.

Burnett's camera work makes use of a voyeuristic perspective. His shots are largely broad, incorporating background activity into the central action. At times, this has the effect of removing the center from a specific scene, letting the viewer's eyes roam.

The sound is the same: Conversations are at times lost in background noise, leaving the audience to infer what was said or read the body language of the characters to understand what is going on.

Indeed, the body language is likely the actors' most evocative tool. The characters' shoulders sag but their backs stay straight, the weight of suffering and their

own pride struggle to win over one another.

Killer of Sheep is certainly a good movie depending on what you hope to get out of a movie. It is essentially free of anything bizarre or abstract. There is not much in the way of dialogue. The plot is, in the best possible terms, convoluted.

But if movies are supposed to mimic reality, then *Killer of Sheep* is likely a great film. The low-budget feel of the thing makes it more documentary than fiction. Stan and his family's stories are not particularly exciting or action-packed, but in a way that makes them all the more appealing. They are real and common issues that affect a lot of people in the real world in which none of us here at Hopkins exist.

Everything about *Killer of Sheep* feels real — the emotions, the perspectives, the action — it feels like a well-conceived home movie. For that reason, its worth a watch because it offers a great deal of perspective into reality with enough of a fictional hue to create emotional attachment to the characters.

This leaves me in the position of having to give this movie a good grade, even though I recently realized that I have never not done that. This is probably because I do not watch bad movies because, frankly, why would I? So, whatever. This movie is tight, so watch it and make sure to check out next year's Film Festival for some non-frat-related social activity, as well as the chance to see good films.

Score: 8.95347/10

CLYRO, FROM B3
away, all kinds of crazy stuff that we'd never done before. We'd always been scared of anything that seemed to us that it was too cheesy. We were always trying to capture the live sound of the band. It's a great thing for bands starting out, but I think when you're on your seventh album you've got to have a different approach."

With *Ellipsis* being the first of a new tril-

"It's the place where dreams happen, it's where you go to shoot for the stars."

—BEN JOHNSTON, DRUMMER

ogy, Johnston said it was crucial to capture a distinct sound that will guide their next projects. "The last thing we wanted to do was end up sounding like a continuation of something earlier," Johnston said. "It was a lot of experimenting, a lot of frustrating moments, but I think some things that frustrate you bring out the best and make you push yourself to levels you didn't think possible."

He also said that spending time in Los Angeles during their break from touring and while recording helped them to be inspired while working on the album.

Their homeland of Scotland inhibits them from realizing their true potential because they are distracted by more mundane concerns, according to Johnston. He said that it was important to get into a completely different headspace while recording.

"Although I love home and I love the people here, everyone's almost too down to earth here," he said. "If that's in your mind when you're trying to record then you're

not going to dream as far as you would. In places like Los Angeles, it's the place where dreams happen, it's where you go to shoot for the stars."

He said that people in Scotland are a healthy ego-check which prevents them from getting big heads but doesn't encourage the creative process.

Johnston said that even just the sunny weather in Los Angeles made it easier to get out of bed in the morning and to be inspired in the studio. He joked that he often didn't want to get out of bed in Scotland because it's always rainy.

Despite coming to the States for inspiration, Biffy Clyro has a much smaller fanbase outside of the United Kingdom. Johnston said that they weren't worried as much about building support in the U.S.

"It's a very vast place, and it would take at least a year of really ramming our music down people's throats to really get anywhere," he said. "We're really happy that we have the fanbase that we have, which is not massive but is really intense. We'd rather be one person's favorite band than a hundred people's fifth-favorite band."

Johnston said that he and his bandmates had a lot of fond memories of touring in the United States, and of Baltimore in particular. He considers himself lucky that he found bandmates whom he loves to spend time with and make music with.

"If you can find friends to make music with, and I mean friends

first and foremost and their musical talent comes secondary, I think that's really important for the longevity of the band," he said. "If you're going to treat something that you love and that comes from somewhere honest then I think you have to be close to your band members."

He said that it was the wrong approach for a group to form with nothing in common other than the desire to be in a band. The creation process tests each member of a band and forces them to spend a lot of time together, and Johnston said it was important to persevere.

"Just keep going until you're good," he said. "We weren't good. We were shit, and most bands are when they start, but you learn a lot along the way."

Johnston said their slow start was a blessing in disguise because it gave them an opportunity to craft their sound before gaining popularity.

"In this day and age, a

good bit of advice would be, 'Don't throw the very first thing that you make up online because then it's worldwide and it's there for everyone to see,' Johnston said. "We got a chance to really go and eventually become good before we even thought about getting signed."

Now, however, they have an international name and are chart-toppers in the United Kingdom. With seven stellar albums under their belts, they've earned a place among rock-legend canon and continue to impress with fresh, distinct sounds in each new project.

Their album prior to *Ellipsis*, *Opposites*, also topped the British charts (and almost topped the Swiss charts), a feat that their album prior to *Opposites*, *Only Revolutions*, failed to achieve.

Their North American tour visits the 9:30 Club in D.C. on April 15 and comes to Rams Head Live in Baltimore on May 15, just in time to celebrate the end of finals.



DJ619/PUBLIC DOMAIN
Ben Johnston is the drummer for Scottish rock band Biffy Clyro.

ARTS & ENTERTAINMENT

Onra's newest release fails to innovate sound

By NIKITA SHTARKMAN
For *The News-Letter*

Onra is a French producer with a penchant for plundering music. His sources are wide and varied. He is widely known for his greatest success, the *Chinoiseries*.

The first *Chinoiseries* release was a major hit; it was an album in which all of the samples were drawn from old Vietnamese music, television and film. The cuts were spliced together over some well-arranged grooves ranging from African tribal drums to classic '80s riffs.

On March 10, Onra released *Chinoiseries pt.3*, the final part of the trilogy. Again, he weaves together these ancient-sounding, Asiatic samples into smooth, knocking grooves. Again, there are these great vocal cuts that only enhance the hazy, dark, cinematic character of this project. But even with the great production value and the well formed songs, this project seems to lack the soul and experimentalism of the first two.

I realize that as a reviewer, it is somewhat lazy of me to call the third entry in a trilogy "not original enough." At this point it's a trope to call the third of something uninspired. And I understand that obviously there should be a consistency throughout the projects. But I sincerely believe that *Chinoiseries pt.3* doesn't do enough to distinguish itself from the rest of the projects. It is simply another entry in an already good series.

The first *Chinoiseries* was a revelation. Artists like the Wu-Tang Clan had already ventured into production that pulled from Asian sources but never had such a distinctly Asiatic hip-hop production come out. Every song was a joy.

There are some great beats on *Chinoiseries pt.3* as well. "The Final Chapter" plays with lush strumming, a whistling harp and some chopped chanting. It works together surprisingly well and can be quite thrilling to listen to.

"Loyalty" is another great song. Onra uses a sinister piano riff along with some matching percussion to make this sweet, but somewhat spooky flood of sound. It's a song that is fun to get lost in. Each aspect — the drums, the quiet, singing voice that fades in near the middle, even the snare — is like a separate piece of a painting. The more you listen, the more you find to appreciate.

At this point though, his style of music has been exposed and played with to the point that just more of the same isn't enough to be exciting. Onra needed to continue riffing on his style, broadening it instead of just relying on it for more songs.

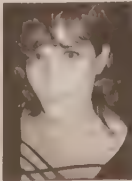
I hope that Onra continues to expand his style as time goes on. He is an incredibly talented producer with a deft hand at sampling and drum programming. He can definitely make some phenomenal songs.

I recommend that everyone check out some of the *Chinoiseries* — listen to the first one. That project is an experience that you will remember.

I also hope that people don't discount *Chinoiseries pt.3* because of my somewhat lukewarm reaction to it. It is the most polished of the three and the most technically produced.

There isn't a single bad beat on there. Onra figured out the formula for how to fit an old Vietnamese sample into a 4/4 beat pattern, and he can seemingly do it on command at this point. It just isn't as exciting to listen to anymore.

Raven proves why we shouldn't meet our heroes



Kyra Lesser
KIKI LEAKS

The air smelled of urine and Chinese takeout. I patiently waited outside of the Broadway Theatre with my father. The girl in front of us was complaining to her mother about how cold she was, her puny, insignificant brain not realizing the unbelievable situation she was about to stumble into.

The door opened. The queen stepped out. I think I peed my pants. I'm not totally positive, but I also know myself, so I definitely did pee my pants. Never mind. I was three hundred feet away from my childhood idol, my rock and my role model.

As the line of pubescent lasses progressed through the bitter Manhattan air, my stomach was flipping more quickly than Mariah Carey's outfit changes on her episode of *Cribs*. And then it happened.

I made eye contact with Raven-Symoné. I hugged Raven-Symoné. I got Raven-Symoné to sign my copy of *Disguise the Limit*, a compilation of episodes from her Disney Channel show *That's So Raven*. Raven-Symoné told me that it was "nice to meet me" in a wistful, empty voice.

I did not hear her say that to anyone else in line. That was one of the most insightful days of my life. That was the day I realized my childhood hero was a complete idiot.

Raven-Symoné Christina Pearman got her start in 1989 playing



ALEX CALDERON/CC-BY-SA-2.0

Raven-Symoné starred in the hit 2000s Disney Channel original comedy series, *That's So Raven*.

Lisa Bonet's step-daughter Olivia on *The Cosby Show*. Raven's sassy attitude and ability to make adults look stupid was perfect for a role on a Disney Channel show. There are two dates in my life I consider truly transformative.

On May 10, 2004, which is the birth of my little sister.

The other is Jan. 17, 2003, the premiere

of *That's So Raven*. For the first time, I was taught that someone could simultaneously see the future while wearing a purple, faux fur collared jean jacket.

I was taught that you could bedazzle your culottes and have a boy best friend. I was taught that not only can your dad be a chef, but your mother can also leave for law school and never be mentioned again.

That's So Raven, for me was what *Desperate Housewives* was for my mother: an escape

from our humdrum lives where we got to idolize women we would never become.

From that point on, Raven was my beloved. Now, just to put this into context, my idols growing up were Anna Nicole

Smith, Paula Abdul and Raven-Symoné.

I'm not positive what that says about me, but I think it's a pretty good indication as to who I am now. After I met Raven, the illusion was shattered.

My confident, brazen, shining goddess of a queen was just a 5'2, frazzled, vacant shell of a human being. Years in the spotlight will do that to you, but it was like after I met Raven, she took a turn for the worse.

Let us recall Raven's 2014 interview with Oprah Winfrey. In this interview, Raven revealed that she was not "African-American."

"I am American," she said.

After an explosive uproar from the internet community, Raven took it upon herself to further "explain" what she meant by her comments. Somehow, she dug herself into an even deeper hole.

"I am from every continent in Africa, except for one, and I am also from every continent in Europe, except for one," Raven said. "And for the last four hundred years, my family has been living in Virginia. How long do you have to be in one country before you're that?"

So, just to be clear, Raven is aware of what a country is. I guess when

it comes to continents, not so much. Maybe the tutoring service hired by Disney on the *That's So Raven* set was actually just Mickey Mouse himself?

Another choice comment made by Raven was when she went off on none other than Beyoncé. Picking a battle with Beyoncé fans is like dousing yourself in gasoline and then walking into a burning skyscraper. You will be annihilated.

Raven griped that she "just needs somebody to put some pants on when people are performing nowadays." How did she back up her argument, you ask? She stated how Janet Jackson is sexual but still classy when she performs.

If you read my article from two weeks ago, Janet Jackson had her entire nipple and nipple piercing exposed in the middle of a Superbowl performance. If that doesn't say class act, I don't know what does.

I guess, to sum up, never meet your childhood heroes. You will be disappointed. Honestly, the best type of childhood hero is a cartoon, because they will never age, never get involved in a scandal and, best of all, never say that Michelle Obama looks like a cat.

Raven recently picked up a recurring role in Fox's hit TV show *Empire* (though only for the show's first season) as one of the character's ex-wives.

Soon afterwards she managed to turn a stint of guest-hosting *The View* into a full-time host position alongside Sara Haines, Sunny Hostin and Jedediah Bila. She left at the end of 2016 after only a year of hosting to focus on a project which she described as a spinoff of *That's So Raven*.

Ellipsis album moves away from Biffy Clyro's roots

By JACOB TOOK
Staff Writer

Scottish alt-rock band Biffy Clyro are no stranger to the top of the charts in the United Kingdom, and their seventh album *Ellipsis*, released in July 2016, was their second number-one debut.

From their origins as an experimental rock group known for blending soulful indie sounds with furious hard rock, Biffy Clyro has matured with mainstream exposure while also preserving these elements that make them unique.

On *Ellipsis*, the reductive melodies and precise production reflect the maturation of the band's musicality, but the record is decidedly more experimental than its recent predecessors. When they signed a deal with Warner Bros. Records, some fans criticized their next three projects as abandoning the alternative roots that made them great.

I won't deny that *Ellipsis* is different from Biffy Clyro's early projects, but their sound has only evolved and improved rather than suffered from the changes.

A project worthy of their best album *Only Revolutions*, released in 2009, *Ellipsis* delivers a perfectly balanced blend of raging

rock anthems and intimate, subdued ballads that culminate in a cohesive musical experience.

"Wolves of Winter," the album's opener, wastes no time in unleashing Biffy Clyro's signature brand of seething energy, fueled by Ben Johnston raging at the drums. This track has a massive scale that suits frontman Simon Neil's raw, expressive vocals. Although they often refrain from cranking up to the fullest intensity in the opener, on *Ellipsis* everything is laid bare for the listener from the beginning.

"Wolves of Winter" is just one of the record's many frenetic tracks, alongside "Flammable," "On a Bang," and the rather overrated "Animal Style."

There is a distinctive dissonance to Biffy Clyro's music, particularly in their higher-energy tracks, that is distinctly lacking in "Animal Style." The album's third track seems like it could belong on any old rock album thanks to a rather forgettable pop-rock chorus and a few less-than-compelling riffs.

Don't get me wrong, it's a good song, but it doesn't quite earn its place on an otherwise solidly unique track list.

That being said, "On a

Bang" is one of the can't-miss tracks on *Ellipsis*. Though it isn't lyrically elaborate and isn't quite as musically grandiose as "Wolves of Winter," it is compelled by the same very genuine anger.

"On a Bang" is an example of all of the elements of Biffy Clyro working together in perfect harmony: Neil's emotionally charged vocals, James Johnston's furious bass and his twin brother Ben Johnston's manic rhythm.

Neil's voice lends itself not just to enraged rock bangers but also to slower, more nuanced entries like "Medicine" or "Re-arrange." What is incredible about these tracks is that they present such a contrast to the large-scale rock songs and yet still very clearly preserve the Biffy Clyro sound that sets them apart from other alt-rock bands.

"Medicine" is a beautifully poignant track that comes across as an intimate letter from Neil accompanied by an acoustic guitar. These types of songs feel more like the exception rather than the rule on any Biffy Clyro album, but they fit particularly well into *Ellipsis* because of a much more precise production.

In the midst of these hard rock anthems and subdued ballads are

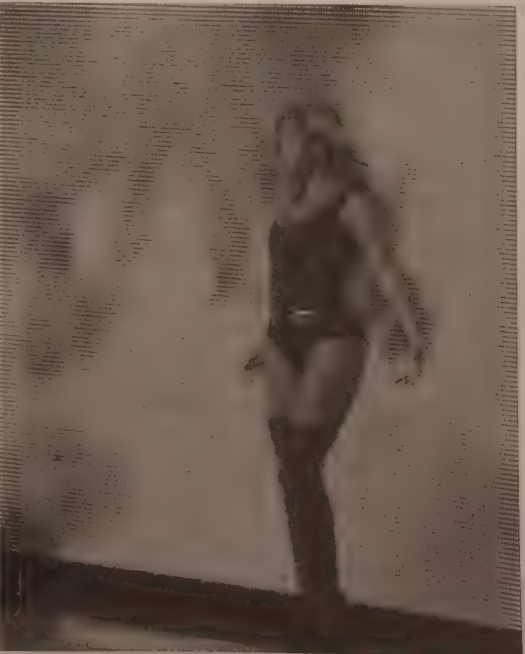
some of the record's standouts, "Howl" and, my personal favorite, "Friends and Enemies."

With a catchy, pop-rock chorus and subtle trap beat, I can understand the criticism from some fans that the band is going too mainstream. However, Biffy Clyro is there, not just swept along through the track but authoritatively guiding the listener along by the arm.

In many ways, "Friends and Enemies" is the most experimental track on *Ellipsis*, and the success of the track is balancing that experimentation with the band's distinctive sound to create a superb addition to the record.

But this is Biffy Clyro, and they are masters of evolving and testing their music. It's no surprise that expertly-produced experimentation earns a place among the album's best tracks.

Ellipsis shows a distinct musical evolution and maturation which culminates in an impressive project. Though I'm torn between whether I love the furiously raging stadium-shakers or the more reserved, brooding tracks, they come together in a cohesion that just leaves me wondering what to expect next from Biffy Clyro.



SASHIMOMURA/CC-BY-2.0

Raven came under fire after criticizing famous pop-star Beyoncé.

SCIENCE & TECHNOLOGY

Fitbit tech can track elephant sleep patterns



The Fitbit study found that most elephant species typically sleep while standing up.

By CINDY JIANG
For The News-Letter

To everyday consumers, the Fitbit has become more than just a fitness tracker: It doubles as both an activity log and a fashion accessory. However, through the efforts of researchers who created a scientific version of the Fitbit, the watch is now being used to track sleep patterns outside of our own species.

Sleep is one of the most puzzling biological imperatives, especially since it differs so much from one organism to another.

"While there are many hypotheses regarding the function of sleep, the ultimate purpose of sleep is yet to be discovered," Paul Manger, professor

from the School of Anatomical Sciences at University of Witwatersrand, also known as Wits University, said.

Despite differences among the ways in which organisms sleep, all animals do sleep. A general trend is that animals larger in size tend to get less sleep than their smaller counterparts do.

"Elephants are the shortest sleeping mammal — that seems to be related to their large body size," Manger said.

Along with Manger, other faculty at Wits University such as Nadine Gravett and Adhil Bhagwandin worked with colleagues from the non-governmental organization Elephants Without Borders, Botswana and the

University of California, Los Angeles (UCLA) in order to create a scientific version of the Fitbit. Their efforts took place at the Chobe National Park in Botswana for five weeks.

The team chose to track the activity of the elephant's trunk, since the trunk is the most mobile and active part of the animal.

Two matriarch elephants were outfitted with several devices, including an implanted activity data logger on the trunk and a GPS collar with a gyroscope for tracking the time, place and position the elephants of the elephants' sleep.

Among the findings was the data that the two elephants slept for two hours per day on average, with this sleep occurring in the early hours of morning. The sleep patterns of the elephants did not appear to be affected by sunlight, but instead they were affected by other conditions such as temperature and humidity.

"This finding is the first that indicates that sleep in wild animals is likely not to be related to sunrise and sunset, but that other environmental factors are more crucial to the timing of sleep," Manger said.

It was also discovered that the elephants could sleep standing up. And they usually did. The elephants laid down to sleep only every three or four days, when they seemed to go into rapid eye movement (REM) sleep. REM sleep was initially thought to be vital to the consolidation of memories, but the results of this study imply otherwise, particularly in light of the well-documented long-term memories of elephants.

Additionally, when the two elephants faced a disturbing incident, they could survive without sleep for up to 48 hours. More specifically, they could put up to 30 kilometers of distance between themselves and the source of threat they experienced, by sacrificing a night's sleep.

It has been observed that any degree of sleeplessness in humans may lead to fatal familial insomnia (FFI) or sporadic fatal insomnia (SFI). FFI involves a loss of neurons in the thalamus, which causes progressive dementia, insomnia and weight loss. Those suffering from this condition usually face death within 12 to 18 months of the first appearance of symptoms.

On the other hand, SFI is like FFI, except that SFI affects only people who do not carry the genetic protein mutation associated with FFI patients.

Regardless of the detrimental effects that a lack of sleep has on humans, neither a lack of sleep nor a lack of frequent REM sleep seems to affect elephants' capacities for memory.

Prof. Huang dedicates life to cancer research

By ELAINE CHIAO
Staff Writer

Ru Chih Huang, the McElroy Honorary Research Professor at the Homewood Campus, discussed her lab work's focus on cancer and viral research in an interview with *The News-Letter*.

Huang did her undergraduate studies at the National Taiwan University; In fact, she was one of the founding directors of the Institute of Molecular Biology in Taiwan. Later on Huang was trained as a molecular biologist and did her postdoctoral work at the California Institute of Technology.

In 1965 Huang came to Hopkins as the first woman

an professor hired in the physical science department at Homewood Campus. She became a senior professor in 1975, and she now serves as an honorary research professor in the University's biology department.

The work carried out in Huang's lab is mainly divided into two categories: cancer and viral research. The research group studies cancer from the perspective of molecular biology and has been actively seeking approaches to battle mechanisms of oncogenesis and viral growth.

"Cancer cannot merely be simplified as a disease, unlike the approaches to

SEE HUANG, PAGE B9



COURTESY OF RU CHIH HUANG
Huang seeks to target mechanisms of oncogenesis and viral growth.

Painkillers without side effects developed

By ANNA CHEN
For The News-Letter

It may seem ironic that painkillers, the very drugs that should end or at least lessen suffering, are commonly known to cause uncomfortable side effects such as nausea, dizziness, headaches, constipation and drowsiness.

Opioids, a highly potent type of painkiller, are often used to treat pain from major tissue damage associated with surgery, arthritis or cancer. Its potential side effects are particularly severe, including addiction and respiratory arrest that may lead to death.

Opioids work by binding themselves at receptor sites in the nervous system (such as the brain or spinal cord) or directly at areas of tissue injury. They interfere with the perception of pain by blocking neurological pain messages that get sent to the brain. However opioids sometimes bind to tissues that are not their targets, thereby hindering the regular functions of these tissues and creating the mentioned side effects.

Opioid painkillers can be very effective for both acute and chronic pain, whether in a young patient recovering from invasive surgery or in an elderly patient who suffers from chronic pain but wishes to live independently. Unfortunately many patients have been advised against taking opioid painkillers because they carry a higher risk of addiction and other life-threatening

ing side effects.

In search of a way to help relieve patients' pain without risking potentially life-threatening side effects, researchers at Charité — Universitätsmedizin Berlin found that a new way of producing painkillers could eliminate the harmful side effects of the current technology.

In this study recently published in an issue of the journal *Science*, researchers at Charité used computational simulation to analyze the interactions between the opioid drug and its corresponding receptors in both damaged tissues and healthy ones. Hoping that it would provide them with valuable data that could aid them in the development of painkillers without adverse side effects, they compared the results between normal and inflamed tissues.

Since inflammation causes a buildup of acid around the tissue, the research team used a computer model to simulate the acidic conditions of the damaged tissue by increasing the concentration of protons. What they found is groundbreaking: By adding protons to the drug molecules, they will bind and activate only receptors in an acidic environment.

According to first authors Viola Spahn and Giovanna Del Vecchio, the new drug prototype, called NFEPP, takes advantage of this selective binding concept and activates only the opioid receptors in inflamed

SEE DRUG, PAGE B9

Study shows coffee and cocoa improve focus

By AVERY GULINO
For The News-Letter

Coffee and chocolate are two widely beloved, delicious delicacies. Often thought to be unhealthy, these two flavor powerhouses may in fact have benefits to attention, motivation and energy. Researchers at Clarkson University and the University of Georgia recently completed a year long study about the effects of caffeine and cocoa on attention and motivation to perform cognitive work.

The study also studied the feelings of anxiety, energy and fatigue. What they found essentially tells us that, when combined, coffee and cocoa work wonders on a person's ability to focus.

The study was randomized, double-blinded and extensively controlled. The

researchers broke the subjects up into four groups: one with caffeine and cocoa, one with just cocoa, one with just caffeine and one with neither. All of these were flavored and colored to appear and taste the same to the consumer.

Giving the drink to participants at least two days apart at around the same time of day allowed the researchers to control variables such as lasting effects of the drinks or how awake a participant was during the day. The participants were also tested once before and multiple times after on their ability to perform one task, ability to multitask and on their mood, motivation and attention.

The study was led by Ali Boolani, a Clarkson University researcher. His initial reasoning for doing the study was based on

his initial knowledge of both caffeine and cocoa.

Caffeine is known to increase anxiety, while cocoa can improve awareness and cognition by boosting cerebral blood flow. But together, cocoa will decrease caffeine's anxiety producing effects, meaning all that remains is increased attention, cognition and focus. He hoped this research would find more ideal ways for students, researchers or anyone to study for longer periods of time while being more focused.

Participants were tested on these traits through three main methods. The first had the subjects watch letters appear on a screen. They were told to make a note of any time an A appeared after an X.

They were also asked to perform subtraction calculations, watch numbers

performed the best when under the effect of both.

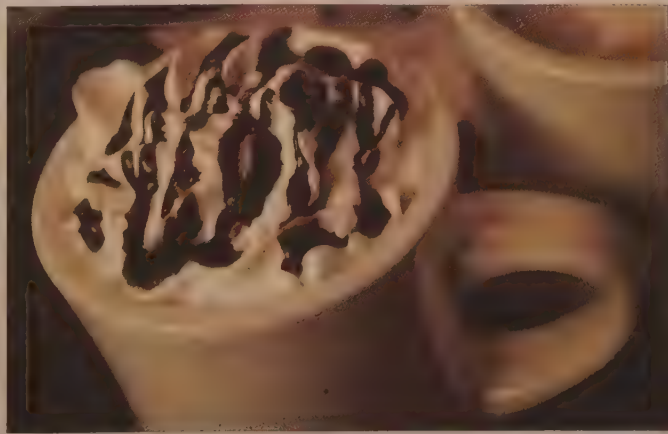
Although this study attempted to control as many reasonable factors as it could, things like sleep and diet could significantly have affected the results of this study. Both sleep and diet are well known to have an effect on mood, focus and awareness — major variables this study was testing. But it seems that the results of the study still proved the hypothesis of Ali Boolani and showed promising results.

"The results of the tests are definitely promising and show that cocoa and caffeine are good choices for students and anyone else who needs to improve sustained attention," Boolani said in a press release.

Cocoa not only heightens focus, but also contains antioxidants to fight free radicals, which contribute to cancer. The cardiology department at a German university also found that cocoa in dark chocolate may improve blood pressure.

While all these health benefits stem from cocoa, Boolani is looking to do more research into the relationship between cocoa and caffeine to see exactly what components work together to benefit health.

"I'll be doing some related and follow-up studies at Clarkson to look at differences in natural vs. synthetic caffeine and other cocoa studies," Boolani said.



SHUYA/CC-BY-2.0
When mixed together, coffee and cocoa improve awareness and increase blood flow.

flash on a screen and again make a note of when odd numbers appeared in sequence. While participants on cocoa alone and caffeine alone each had their own benefits, overall the subjects

Researchers raise suggested fruit, veggie intake



HOMER/CC-BY-3.0
A new study recommends that adults eat 10 servings of fruits and vegetables daily.

By CINDY JIANG
For The News-Letter

Growing up, children have been told a countless number of times to eat their fruits and vegetables. For years, five portions of fruits and vegetables a day has been recommended for people, with one portion weighing in at about 80 grams — the equivalent of one small apple, banana, pear, large mandarin or three heaping teaspoons of cooked spinach, cauliflower, peas or broccoli.

A meta-analysis of studies done on two million people by scientists at the Imperial College London, however, has established a new benchmark for the daily consumption of fruits and vegetables.

The revised recommended daily portion is almost double the previously stated portions, going from five portions a day to around 10 portions

a day, a total of 800 grams of fruits and vegetables. These findings have been published in the *International Journal of Epidemiology*.

“We wanted to investigate how much fruit and vegetables you need to eat to gain the maximum protection against disease, and premature death,” Dagfinn Aune, researcher at the School of Public Health in the Imperial College London, said in a press release. “Our results suggest that although five portions of fruit and vegetables is good, 10 a day is even better.”

In the population that was examined, there have been 43,000 cases of heart disease, 47,000 cases of stroke, 81,000 cases of cardiovascular disease, 112,000 cancer cases and 94,000 deaths.

Eating even 200 grams of fruits and vegetables a day has shown a significant decrease in the risk for these diseases, but

consumption of the newly recommended 10 portions of vegetables and fruits a day has demonstrated more extensive benefits.

Specifically, this doubled dosage of fruits and vegetables has been associated with a reduced risk of heart disease (by 24 percent), stroke (by 33 percent), cardiovascular disease (by 28 percent), and cancer (by 13 percent).

The higher produce consumption even resulted in a 31 percent reduction in the risk of dying prematurely: Eating 10 portions of fruits and vegetables a day has been linked to the prevention of about 7.8 million premature deaths.

Apples, pears, citrus fruits, green leafy vegetables, yellow vegetables and cruciferous vegetables have all been observed to help prevent heart disease, stroke, cardiovascular disease, early death or cancer.

“Fruit and vegetables have been shown to reduce cholesterol levels, blood pressure and to boost the health of our blood vessels and immune system. This may be due to the complex network of nutrients they

hold,” Aune said. “For instance they contain many antioxidants, which may reduce DNA damage, and lead to a reduction in cancer risk.”

Regardless of whether vegetables are cooked or raw, their consumption produces similar effects. However, taking antioxidant or vitamin supplements fails to replicate these same benefits of fruit and vegetable consumption.

A different study published in the journal *Thorax* also established a connection between a fruit and vegetable-rich diet and a reduced risk of chronic lung disease. An assessment of more than 44,000 Swedish men diagnosed almost 2,000 cases of chronic obstructive pulmonary disease (COPD).

Those individuals who consumed upwards of five portions of fruits and vegetables a day experienced a 35 percent reduction in lung disease compared to those who consumed less.

For those individuals suffering from COPD whose condition could be attributed to tobacco use, additional servings of fruits and vegetables were coupled with reduced rates of COPD risk.

Although more research on the methods of preparing fruits and vegetables for maximum health benefits is needed, there is no doubt that eating a greater number of portions of fruits and vegetables in a day increases health benefits.

Scientists create patch to treat migraines

By SHERRY SIMKOVIC
Staff Writer

Neurologists at the Technion — Israel Institute of Technology, recently developed a wearable, wireless arm patch that may help to relieve episodic migraine pain.

Migraines are the third most prevalent disease in the world, with one billion sufferers worldwide. In the United States alone, more than 37 million people suffer from migraines. Studies suggest that 2-3 million people experience chronic migraines.

Migraine attacks are typically characterized by a severe throbbing recurrent pain, usually affecting one side of the head. They are usually accompanied by extreme sensitivity to light and sound, as well as nausea and vomiting. Women are nearly three times more likely than men to get migraines.

brain with electrical stimulation. Users can control the device from their smartphone. “There are no side effects,” Yarnitsky said. “You feel a tingle in your arm.”

To begin, participants who suffered from migraines placed rubber electrodes on their upper arms after they had begun experiencing a migraine attack. They then experienced different electric stimulation at various pulses for 20 minutes and didn’t take any medicine for two hours. They continued to use the device during their next 20 attacks.

The research group evaluated 71 episodic migraine patients, and a total of 299 migraines were treated using the device. The device was programmed to randomly give either a sham (placebo) shock at a very low frequency, or a real one at one of four levels of stimulation.

Every patient got both real and sham stimulation. Unfortunately, patients receiving sham stimulations often stopped the treatment before the 20 minutes were up.

“This may indicate that they knew the stimulation was not active, and thus they were no longer blinded to the study, which is a challenge in any sham stimulation study,” he said.

Sixty-four percent of patients experienced up to 50 percent reduction in pain. For those patients whose pain began at a moderate or severe level of discomfort, 58 percent of participants felt that they either experienced very little pain or no pain at all at the highest levels of stimulation. Thirty percent of those who received the highest level of stimulation reported having no migraine pain.

Additionally, the researchers found that the earlier the electrical stimulation began, the better it was at reducing pain. They found a 46.7 percent alleviation in pain when implemented earlier as opposed to a 24.9 percent reduction.

A typical migraine occurs in two steps. First, the trigeminal nerve activates. The exact cause of its excitation is unknown, but when it gets activated, pain begins around the eye and temple.

Triptans, migraine medications, control the inflammation if it’s caught early enough, stopping the onset of the migraine altogether. However, if left untreated, the central nervous system gets triggered, causing the migraine itself.

In the preliminary study at the Technion, David Yarnitsky, a faculty member at the Technion American Medical School and member of the Medical Advisory Board for Theranica, maker of the stimulation device, was the study author. He and his team aimed to discern the effectiveness of alleviating migraine pain with non-painful electrical stimulation.

The device used blocks pain signals from the

work was able to recognize the handwritten digits 0 through 9; The accuracy of this recognition proved to be between 93 and 97 percent.

A. Alec Talin, a member of the technical staff at Sandia National Laboratories in Livermore, Calif., discussed his findings.

“More and more, the kinds of tasks that we expect our computing devices to do require computing that mimics the brain because using traditional computing to perform these tasks is becoming really power hungry,” he said. “We’ve demonstrated a device that’s ideal for running these type of algorithms and that consumes a lot less power.”

The new artificial synapse could potentially become part of a fully computerized model of the brain, although experts in the field believe that it may still be some time before someone is able to combine all the individual components of the complex nervous system together.

In the future, Salleo and his team hope to use this device to improve brain machine learning and technologies. The team continues to work towards a higher recognition accuracy for their computerized synapse model as there is still room for improvement.

Stanford develops accurate computerized synapses

By SABRINA CHEN
Science & Technology Editor

Researchers at Stanford University have recently used computerized synapses to recreate brain networks.

A synapse is a junction between two cells of the nervous system, called neurons, that allows signals to be passed from one neuron to another. Whenever humans learn something new, electrical signals are present between their neurons. Over time as new information is learned, new synapses may be formed.

According to Alberto Salleo, associate professor of materials science and engineering at Stanford University and head researcher of this project, his team has created an artificial computerized synapse that can be used to accurately model the brain’s systems.

“It works like a real synapse, but it’s an organic electronic device that can be engineered,” Salleo said in a press release. “It’s an entirely new family of devices because this type of architecture has not been shown before. For many key metrics, it also per-

forms better than anything that’s been done before with inorganics.”

Salleo published his work with this new artificial synapse in the Feb. 20 issue of *Nature Materials*. The paper notes how Salleo and his team have created a synapse that is far more efficient than old models, which rely on traditional computing to separately process information and store it into memory.

The artificial synapse was fully made of inexpensive organic material and is the first of its kind.

Using hydrogen and carbon material compatible with the brain’s chemistry, researchers grew cells for artificial pumps and neurotransmitters. The device itself is soft and flexible and resembles its biological counterpart morphologically.

The new artificial synapse is non-volatile due to its compatible composition; It is battery-based and made up of two separate films and three terminals.

One of the terminals controls the flow of electricity between the other two. The terminals are connected by electrolytes generated from salt water.

Researchers are able to program the synapse by charging it up using the electrolytes. In this way the synapse between the two terminals is much like a neural path that is reinforced through learning.

After the artificial synapse is trained, it will be able to predict within one percent of uncertainty, a remarkably small margin of error, what voltage is required to get the synapse to excite to a specific electrical state.

“Deep learning algorithms are very powerful, but they rely on processors to calculate and simulate the electrical states and store them somewhere else, which is inefficient in terms of energy and time,” Yoeri van de Burgt, another lead author of the study and a former postdoctoral scholar in the Salleo lab, said in a press release. “Instead of simulating a neural network, our work is trying to make a neural network.”

So far only one synapse has been produced, although the research team hopes to be able to replicate their design efficiently. By the end of their project, over 15,000 measurements from experiments on synapses were used to create a network of increased accuracy.

Researchers then tested how well the net-

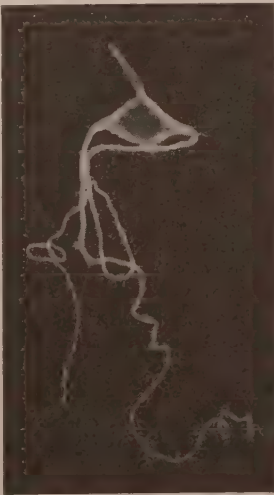
work was able to recognize the handwritten digits 0 through 9; The accuracy of this recognition proved to be between 93 and 97 percent.

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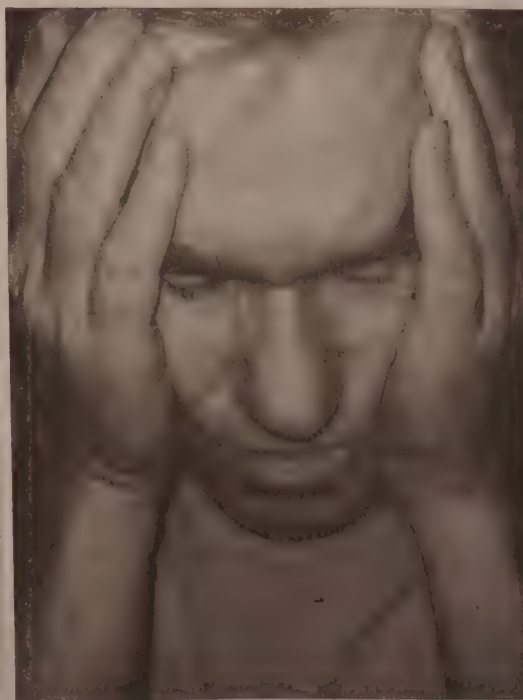
“More and more, the kinds of tasks that we expect our computing devices to do require computing that mimics the brain because using traditional computing to perform these tasks is becoming really power hungry,” he said. “We’ve demonstrated a device that’s ideal for running these type of algorithms and that consumes a lot less power.”

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XPANZION/CC-BY-SA-3.0
Salleo made an artificial synapse.



PUBLIC DOMAIN
Nonpainful electrical stimulation can be used to treat severe migraines.

SCIENCE & TECHNOLOGY

Acing an exam using supercharged memory



Duy Phan
The Brain Wave

In the midst of mid-term season, everybody is hitting the books hard to memorize all the facts they need to get an A on exams. However, we've all been in a situation in which our memories fail us: At the most critical moment on an exam, we simply forget that one really important piece of information that can be the difference between a B and an A.

Is there any way to make our brains more reliable? How can we supercharge our memorizing abilities? Turns out neuroscience gives us some crucial hints to beef up our memory and go for that coveted 4.0 GPA.

Dating back to the ancient Greeks and Romans, the method of loci is a technique that memory athletes now use to memorize a load of facts and information in competitions. Normally, when we try to memorize information, we often memorize the facts by themselves, devoid of contextual cues. For example, what I do is sit and bang through flash cards.

However, to employ the method of loci, you might even have to ditch the flash cards.

You should first imagine a physical building that you are familiar with, such as your house. You then take the facts that you want to memorize and put each distinct fact in a separate room.

Then when you want to recall the fact, you go back to that room and "open" up that fact. Therefore, what the method of loci has now made possible is for you to link facts that you would like to memorize with a specific context that makes it easier to recall.

From a neuroscience perspective, using the method of loci is a no-brainer (pun-intended). Whenever new information is learned, that knowledge is encoded by wiring new neural circuits. The more neural

circuits form, the better. By having users imagine a house (or other familiar environments) and putting each fact in a room, the method of loci forces the brain to make more neural circuits.

There is empirical evidence to support the hypothesis that the method of loci really does change the way the brain encodes a memory. In a recent *Neuron* paper titled "Mnemonic Training Reshapes Brain Networks to Support Superior Memory," Martin Dresler and other researchers used functional magnetic resonance imaging (fMRI) to scan the brain activities of human participants who were either memory athletes or matched controls who had never undergone the method of loci training.

The brain scans showed that memory athletes have better connected brains than normal individuals. But how much of their memory ability and corresponding neural differences are simply the result of genetics and innate talent? What if some people are just born better at memorizing than others?

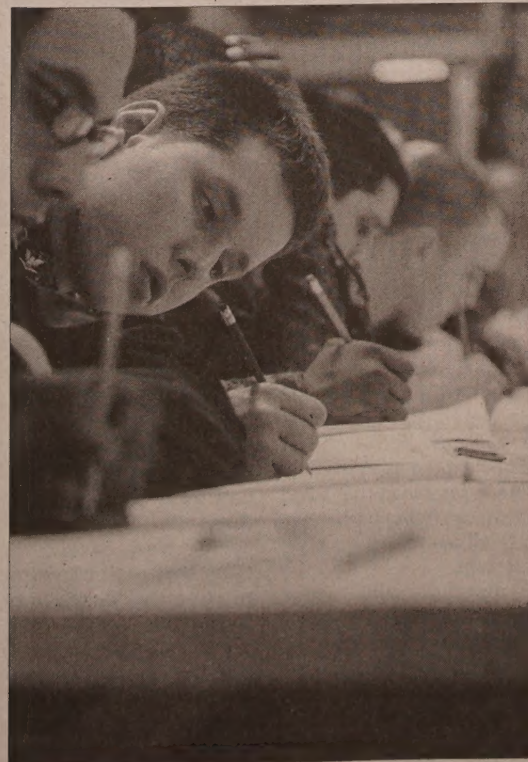
Here is where the study got really interesting. It seems that we all can become memory champions with training. Normal participants underwent six weeks of memory training.

By the end of the six weeks, their memory abilities improved drastically. In a task in which participants had to memorize random words within five minutes, normal subjects were able to memorize approximately 15 words. By the end of the six-week training, they were able to memorize almost 40 words.

Such memory improvements showed correlations with structural changes in the brain as well. After training, the subjects' brains began to become more connected similar to those of veteran memory athletes. Such a wide distribution of brain activity suggests that more neural circuits are potentially formed due to the method of loci memory training.

So what are you waiting for? Put down this article and start putting facts in your imaginary house!

Now you can thank *The Brain Wave* when you crush your next orgo exam.



PUBLIC DOMAIN

The method of loci boosts memory by linking facts to a specific context.

Huang experiments with oral cancer cells

HUANG, PAGE B7

treating a disease, one cannot simply expect to cure cancer by killing a target cell," Huang said.

The complexities and nuances involved in cancer research have been a central challenge in the lab's mission. Researchers are aware that tumors are not homogenous, especially when there are mutations within the cells.

Naturally, if no treatment is imposed upon the host, the wild type will often grow out of control through metastasis. On the other hand, if too much treatment is imposed, the side effects of chemotherapy, x-ray, radiation or target therapy are very likely to kill the person before they can even have a direct effect on the mutated cells.

According to Huang, the biggest problem in

cancer treatment is the fact that it is nearly impossible to find an intricate balance between the selected treatment and its side effects.

Cancer can be spread through the evasion of programmed cell death (apoptosis), evasion of the immune system and even invasion of the bloodstream to affect the liver, lungs or bone.

Even after chemotherapy and other forms of radiation treatment, the tumor cells might still continue to grow, because the chemical compound that kills one given type of cancerous cell cannot eliminate other types of malignant tumors. The side effects of such treatments often also negatively affect the patients' health.

Huang's lab has been successful in producing a drug treatment for cancer

that does not hurt other cells inside the patient's body. The lab mainly experiments with oral cancerous cells, since they are the most visible types of mutation.

Huang's team extracted cancerous tumors under the gum and implanted the same sized tumor into a mouse. They then injected a hydrophobic drug treatment immersed in dimethyl sulfoxide (DMSO) that could not go through the selectively permeable cell membrane.

As a result, the drug released its full effect and the tumor disappeared completely. Huang even visited the Regional Cancer Centre in India and tested the new treatment on local patients. Out of the 18 treatments tested, all were successful.

Unfortunately, such a

treatment has not proven to have much effect beyond the scope of oral cancer, because it is much harder to perform an intratumor injection on a tumor that is not directly visible.

This is especially true in the case of brain cancer, where it is extremely difficult for the intratumor injection to pass through the blood-brain barrier.

Huang has conducted cancer research for so many decades not only because of her passion for the biological sciences but also because three members in her family have been directly affected by cancer.

In the future, Huang's lab hopes to find a way to efficiently carry out an intratumor injection. Huang also says that she has been experimenting with a more effective method to incorporate medicine into food.

Painkillers created using computer modeling

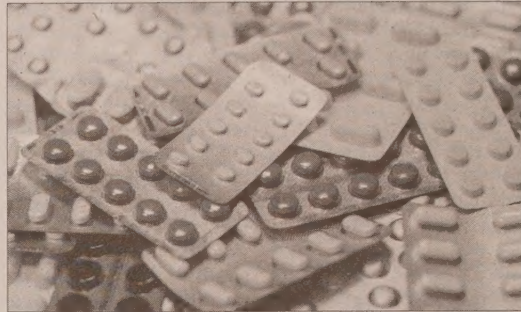
DRUG, PAGE B7

(and thus acidic) tissues. Successfully tested in an animal model, this innovation produces pain relief only in the desired target tissues, eliminating the respiratory depression, drowsiness, constipation and other side effects caused by opioid binding to untar-geted tissues.

Treating postoperative and chronic inflammatory pain should now be possible without causing harmful side effects. For the patients who must undergo long-term opioid treatment, this

is a breakthrough that would substantially improve the quality of their everyday lives. Because of this discovery, people affected by the devastating impacts of cancer and other serious health problems now have the opportunity to lead more normal lives.

This study may have applications to other areas of receptor research as well, because its findings have important implications not limited to opioid painkillers. In addition, the results of this study make it clear that computer simula-



PUBLIC DOMAIN

Opioid painkillers can be very effective for acute and chronic pain.

tions and models are becoming an increasingly potent way to visualize, test and improve drug efficacy and tolerability.

Computers are playing important roles in the making of concrete advancements in biology and medicine.

LED light phototherapy reduces pain in rats

By JOAN YEA

Senior Staff Writer

Options for treatment of chronic pain remain limited to drugs that may be marginally effective or potentially addictive. Sufferers also deal with side effects of their medications along with the prospect of increased drug tolerance.

In response to this need for better treatment options, some researchers have begun to consider alternative, non-pharmacological methods for managing chronic pain.

Recently, as reported in the February 2017 issue of the journal *Pain*, phototherapy has been shown to be effective in a rat model of acute nociception, the sensory nervous system's response to potentially harmful stimuli, and chronic neuropathic pain. Rats exposed to full-body illumination from light-emitting diodes (LEDs), specifically green LEDs, appeared to have lower pain thresholds as a result of light therapy.

Researchers at the Department of Anesthesiology and Pharmacology at the University of Arizona were able to deduce the reduced pain thresholds based on the increased times at which the rats withdrew their paws from a radiant heat source.

To find the most optimal light conditions for inducing thermal analgesia, the researchers tested various light conditions and intensities. For eight hours per day for five days, rats were exposed to ambient room light or 110-

lux white, blue or green LEDs. Immediately after the illumination, their path withdrawals were timed, and even after the five-day period post-exposure, thermal analgesia was examined.

Green LED was found to be the most effective type of light in terms of increasing the time of the paw withdrawals. Thermal analgesic effects from green LED, starting from the second day of phototherapy, lasted up to four days after ending the phototherapy.

In addition, a light intensity as low as four lux of green LED was sufficient for achieving the maximal antinociception observed at higher intensities at 110- or 330-lux levels. Green LEDs at four lux were thereafter used in experiments, including the trial, in which researchers tested whether the rats would develop tolerance to green LED after a prolonged exposure.

The rodents were exposed to green LED for a total of 12 days for eight hours daily, yet their antinociceptive levels, did not significantly decrease. In comparison, other studies have observed that rodents typically develop analgesic tolerance to morphine within three days.

The dependence of analgesic effects on the visual system was another question the researchers sought to address. Two groups of rats fitted with either dark and opaque or transparent and clear contact lenses were exposed to green LED over a five-day period.

While rats wearing clear contact lenses showed similar path withdrawal times to those of rats with no contact lenses, rats with dark contact lenses did not develop antinociception.

In a follow-up experiment, rats with green contact lenses that were exposed to ambient room light developed thermal analgesia by day three of a five-day period.

The research team also queried whether green LED, in addition to the activation of the visual system, modulated descending pain pathways.

Over a five day period, some rats, immediately following eight hours of green LED exposure, received an opioid antagonist naloxone. About 20 to 30 minutes later, when their paw withdrawal times were measured, the average time had returned to the nociceptive baseline, indicating the dependence of green LED on the release of opioids to generate antinociception.

The researchers however, were wary as to whether other factors besides the green LED engendered antinociception. To investigate whether pigmentation mediated green LED, groups of pigmented and albino rats were subjected to the five-day regimen, after which it was found that their results did not significantly differ.

Stress-induced antinociception was also examined as a possible contributing factor and again ruled out, as adrenergic receptor antagonists injected into the rodents failed to reverse

the antinociceptive effect of green LED.

In addition to a model of acute nociception caused by a heat source, the researchers modeled the effects of green LED on neuropathic pain. Spinal nerve ligation surgery was conducted on the left hind paws of the rats, after which the rats experienced significantly decreased paw withdrawal times.

Yet, a regimen of eight hours of exposure to green LED was able to maximally reverse the nociceptive baseline by the third day, and even after the termination of the green LED five-day period, thermal analgesia was apparent up to 10 days post-exposure.

Although the results of the experiments would need to be replicated in a human model, the lead author of the study, Dr. Mohab Ibrahim, is convinced of the significance of the findings.

"Chronic pain is a serious issue afflicting millions of people of all ages," Ibrahim said, in an interview with *University of Arizona News*. "We need safer, effective and affordable approaches, used in conjunction with our current tools, to manage chronic pain. While the results of the green LED are still preliminary, it holds significant promise to manage some types of chronic pain."

According to the press release, a clinical trial using green LED phototherapy is now being conducted for patients suffering from fibromyalgia, a chronic condition which causes widespread muscle pain.

SPORTS

Who will dominate the National League?



Gregory Melick
Sportpinion

We are officially well in the midst of Spring Training, and while the World Baseball Classic has taken center stage, we are fewer than three weeks away from Major League Baseball's Opening Day 2017.

The National League (NL) will be very competitive this year, as it seems top loaded with talent. There are some teams that are powerhouses all around, as well as teams that are very strong in some areas (New York Mets' starting rotation) while lacking in others (New York Mets' offense). In the end, it may come down to a question of whether the strengths of a team mask their weaknesses. However, come playoff time, the teams who are strong all around will shine.

NL East: Washington Nationals

The Nationals will be an exciting team to watch this year, with one of the best lineups in baseball, featuring a full season from Trea Turner, another season from Daniel Murphy and hopefully a bounceback year from Bryce Harper to complement offseason pickups Adam Eaton and Matt Wieters.

One thing the Nationals have that not many other teams can boast of is a pitching staff that can match their hitters in caliber. Max Scherzer and Stephen Strasburg are arguably the best one-two punch in baseball, and when you add in Tanner Roark, Gio González and Joe Ross, it will make every game against the Nationals difficult.

With all this being said, the New York Mets are one of the only teams that can match the rotation of the Nationals. If their hitters can play well enough to support the pitching staff, they could make another playoff push. The Miami Marlins, Philadelphia Phillies and Atlanta Braves will all be looking to build their young players for future years instead of playing for this year.

NL Central: Chicago Cubs

I am really going out

on a limb with this pick, but the defending champions and the deepest team in baseball that lost nothing of importance during the offseason will probably still be a very good team. On a serious note, however, it is just crazy to look at the Chicago Cubs lineup and not think of them as the favorites to repeat.

They lost Dexter Fowler, Aroldis Chapman and Jason Hammel, but they gained Wade Davis and Koji Uehara in addition to having Kyle Schwarber for a full season, barring any injuries. That leaves the only weakness for the Cubs in their fifth starter spot, which is not a very big weakness, and does not even matter come playoff time.

The teams battling for second will be the Pittsburgh Pirates and the St. Louis Cardinals as usual. These two teams are very experienced and every year one or both of them manage to secure a wild card spot. Pulling up the rear will be the rebuilding Cincinnati Reds and Milwaukee Brewers.

NL West: Los Angeles Dodgers

While the Dodgers do not have the same stellar pitching of the Cubs, their rotation is tried and true, led by arguably the best pitcher in baseball, Clayton Kershaw. Their bats are not to be laughed at either, as they boast solid hitters from top to bottom, led by superstar Corey Seager.

While the Dodgers are the favorites, the San Francisco Giants keep finding the right pieces to put themselves in a great place to succeed. It seems like this division always comes down to these two teams, and no one would be surprised if that happened again.

One very popular sleeper this year is the Colorado Rockies. They made some solid moves this offseason to fix their bullpen. With Coors Field at home and an offense full of great hitters, they will definitely be fun to watch if nothing else. Rounding out the league are the Arizona Diamondbacks, who actually could be an above .500 team with A. J. Pollock back and the hope that Zack Greinke rebounds from an abysmal 2016.

The San Diego Padres boast probably the worst starting rotation in baseball but have some young talent on offense, led by Wil Myers. Those young players will not be able to pick up the slack of the pitching staff, however, so the Padres are expected to finish last in the Division.

Patriots' off-season transactions spur debate



Gaurav Verma
Sportpinion

Free agency in the National Football League (NFL) is unlike that of any other professional sport. Unlike Major League Baseball (MLB), free agency moves fast in the NFL. This means that the majority of big names on the market are snatched up within the first few days.

Likewise, the NFL has a franchise tag, unlike the National Basketball Association (NBA), which prevents most talent on the level of LeBron James or Kevin Durant from hitting the open market on a consistent basis. The franchise tag largely prevents the drawn out free agency races that we have seen and grown accustomed to in the NBA.

But that is not to say there is no excitement during the NFL offseason. This year, the New England Patriots, who normally stay under the radar, are stealing all of the headlines this offseason.

The defending Super Bowl champions began by trading a fourth round pick in the upcoming draft to acquire the Indianapolis Colts' tight end Dwayne Allen. Next, the Patriots signed former Buffalo Bills cornerback Stephon Gilmore to a five-year deal worth a maximum of \$40 million. The 2016 Pro Bowler is the first big money outside signing that the Patriots have made since they inked linebacker Adalius Thomas to a contract in the 2007 offseason, though head

coach Bill Belichick and the Patriots brass will hope the Gilmore signing is more successful.

Pairing Gilmore with Malcolm Butler at corner, gives New England one of the most formidable secondaries in the league, provided they do not move Butler. Meanwhile, Allen provides a younger and slightly cheaper replacement for the recently departed Martellus Bennett, who signed a three-year deal with the Green Bay Packers this offseason.

But Belichick and the Patriots were not done. A day later, the team acquired pass rusher Kony Ealy from the Carolina Panthers to shore up their defensive line, swapping their second round pick for an early third. To further bolster their defensive line, the Patriots signed ex-Baltimore Ravens defensive tackle/end Lawrence Guy.

Still, the NFL's biggest trade of the new league year was New England's trade with the New Orleans Saints. The Patriots acquired wide receiver Brandin Cooks and a fourth round pick in exchange for a first and third round pick in the upcoming draft.

At just 23 years old, Cooks is already one of the fastest players and most exciting playmakers in the game. He is a dynamic threat down the field and will allow Tom Brady to stretch defenses in ways he has not been able to since the departure of Randy Moss.

This week, the team re-signed star linebacker Dont'a Hightower, and signed former Cincinnati Bengals running back Rex Burkhead to shore up two of the biggest holes on the roster entering free agency. In the first few days of the offseason, the Patriots have already improved their Super Bowl LI championship team on both sides of the ball.

However, several storylines still remain. Belich-



BENPHOTOS/CC-BY-SA 4.0: Former Buffalo Bills player Stephon Gilmore is headed to the Patriots.

ick has always preferred to build his team through the draft, so it seems unlikely that he will go into the draft without a first or second round pick. It is quite possible the team will move backup quarterback Jimmy Garoppolo for a bevy of picks or trade Malcolm Butler for a first round pick if they cannot come to an agreement on a contract extension after this season.

Beyond that, the team will just have to fill out the roster with value veteran signings and draft picks, before getting ready for what is likely to be another deep playoff run in the fall. Knowing Belichick and the Patriots, however, it is almost certain another seemingly head-scratching move is on the horizon.

Outside of Patriot Place, several other interesting developments have taken place during this offseason; The shuffling of veteran quarterbacks has been another interesting storyline this offseason. In Dallas, the emergence of rookie QB Dak Prescott was one of the biggest surprises of the 2016 season.

The Mississippi State product snatched the starting job at Dallas from veteran Tony Romo, who will be moving on from Dallas this offseason. The Cowboys have had little luck trying to trade Romo, and it is likely he will be released soon.

If or when this happens, the Houston Texans are likely to make the strongest push to lock up the dependable veteran. The Tex-

ans were desperate to give up their starting quarterback Brock Osweiler. They even sent a second round draft pick along with him to the Cleveland Browns in order to rid themselves of Osweiler's bloated contract.

Meanwhile, the Browns themselves are in the market for a quarterback of the future and are reportedly trying to pry Garoppolo from the Patriots, who are unlikely to trade him for anything short of a king's ransom.

With so many other quarterback-needy teams in the league, such as the Buffalo Bills, the San Francisco 49ers and the New York Jets to name a few, exactly how the quarterback carousel plays out is the biggest story to watch over the rest of the offseason.

Ultimately, the champions of March are often not the ones winning come September. The Jacksonville Jaguars are a perfect example of this. The Jags again spent big money this offseason, signing defensive end Calais Campbell and cornerback A.J. Bouye, two of the top free agents that were available this offseason.

Yet, this is a strategy that Jacksonville has consistently pursued over the past few years to little avail in terms of their results on the field. So while free agency is fun to follow, there is much more involved in building a team, an important lesson to remember for fans who are freaking out about their team's activity in early March.

Ducks' pitching silences the Blue Jays' bats

BASEBALL, FROM B12 with an excellent unassisted putout from senior first baseman Daniel Albert. The Blue Jays were unable to generate an offensive push against an array of Stevens pitchers and the score would stand at 3-1 for the remainder of the game.

Junior pitcher Alex Ross started on the mound for the Jays. He logged three dominant innings, surrendering no hits and striking out four of nine batters.

Ross attributed his success to his fastball, which generated a lot of groundouts in the cold and windy conditions.

"Sunday, I was able to throw all my pitches for strikes. It was a really cold and windy day, so locating fastballs and getting ahead in the count were really all you needed to do give your team a shot to win since it would be hard for someone to put one out," Ross said. "I'd say the inside fastball was the most effective pitch I was throwing, getting me a fair amount of groundouts."

Departing the game with a 1-0 lead, the Jays would turn things over in the fourth to sophomore Sean McCracken. McCracken gave up two

hits, which would level the score at 1-1, but then allowed two additional runs to score on passed balls.

A 1 - though it was not his best performance, his past record suggests that he can recover from this setback. In 2016, McCracken pitched to a 1.82 earned run average across 12 appearances, the second lowest on the team.

The Jays can count on McCracken for quality innings out of the pen, so they can continue to look to him going forward this season.

Following the fourth, the Jays sent a different reliever to the mound for each of the remaining five innings. The five relievers combined to surrender just one hit from the 15 batters they faced.

Sophomore Jack Bunting entered the game in the eighth inning to pitch for the Jays. He did not allow a single hit or a

single base runner in an excellent inning of relief.

Bunting, a transfer student, talked about his experience as a reliever starting off his rookie year for the Jays. As he arrived at Hopkins this year, Bunting's previous experience was primarily in the starting rotation.

"Going into the year as a transfer, I was not sure what to expect," Bunting said. "But the coaches had confidence that pitching would be our strength and so far we have been able to show that. I think most of our guys in the bullpen hope to be starters at some point, but when they need us in the bullpen, then we are all ready to give a 100 percent."

Bunting also mentioned that he has learned to adjust to the inherently different mindset relievers must have when approaching the game.

"I am new to relieving, but what I have realized here is that no matter

what day it is, you have to be ready," Bunting said. "Some days, the coaches have an idea of who is going to come out of the pen first, but you never know depending on how the game goes, so we all try to prepare the same way each day, no matter what. Most of us are sophomores, and we hope the experience out of the bullpen will help us succeed in the future, whatever our role happens to be."

With a surplus of underclassmen pitching talent, the Jays appear to have a deep staple of fresh arms that could pay off come tournament time this spring. However, this time, the Jays' offensive was held in check by the Ducks' pitcher Zeph Walters, who went seven innings, striking out eight and surrendering only two hits. The Jays were limited to just three hits on the afternoon — a season low.

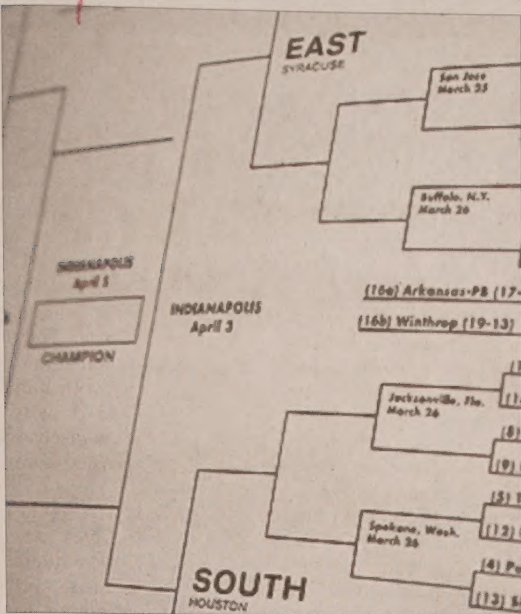
Next up for the Jays is a trip to sunny Florida over spring break for the Gene Cusic Collegiate Classic in Fort Myers, Fla. Hopkins will play a total of 10 games over the week, beginning on March 17 with a game against New York University.



RTURO PARDAVILA/CC-BY-2.0/A The Chicago Cubs will hope to repeat as World Champions in 2017.

SPORTS

NCAA March Madness tournament preview



JASON DEAN/CC BY 2.0
As the tournament starts, prepare to watch your brackets fall apart.

NCAA, FROM B12

The University of Notre Dame, which has reached back-to-back Elite Eights, and the University of Maryland must seize the opportunity to get past these relatively weak teams should the matchups take place in the Round of 32.

However, they too are not equipped for a deep tournament run. Watch out for Saint Mary's College, Virginia Commonwealth University and Xavier University, three mid-major teams that have experienced success in the tournament in the past, to pose a potential threat to the higher seeded teams.

It should not be a surprise if this region is filled with upsets; but Gonzaga and Arizona should have enough talent and experience to emerge from the chaos and reach the Elite Eight, which would set up a rematch of the December 3 contest that Gonzaga won 69-62.

The Midwest Region should be manageable for the University of Kansas Jayhawks, but some of the middle-seeded teams have a genuine chance of playing spoiler to the Jayhawks' quest to win a championship. The Purdue University Boilermakers were the Big Ten's regular season champions, while the Iowa State University Cyclones and the University of Michigan Wolverines won their respective conference tournaments. Iowa State and Michigan both enter the tournament playing their best basketball of the season.

Purdue has not been stellar in recent weeks, but with College Player of the Year candidate Caleb Swanigan manning the middle, the Boilermakers will be a tough out for any team that matches up with them in the tournament. The Michigan State University Spartans are another team that could cause problems for the Jayhawks and make a run in the tournament. The Spartans are a nine seed but are always dangerous come March.

The two and three seeds, University of Louisville and University of Oregon, also cannot be ignored. Louisville has stumbled through several games down the stretch and Oregon just lost star senior Chris Boucher to an ACL injury. However, these two teams, especially Louisville, have both proven their worth come tournament time in the past, and there is no reason to think they cannot do so again.

Kansas should be the favorite in this region, with names such as Frank Mason III and Josh Jackson leading the charge, but there are a number of teams that are capable of making things very interesting for the Jayhawks.

The South Region is a top-heavy section of the bracket. In fact, it includes the three teams with the most Final Four appearances in history: the University of North Carolina at Chapel Hill Tar Heels, the University of Kentucky Wildcats and the University of California, Los Angeles Bruins.

Teams such as Butler University, the University of Cincinnati, the University of Dayton and Wichita State University are all teams that have made noise in previous tournaments, but the odds are in favor of one of the aforementioned powerhouse schools reaching the Final Four.

These three teams match up very evenly. The Tar Heels are the number one seed, but lost to the number two seeded Kentucky Wildcats in December. In a twist of fate, the Wildcats were defeated by the number three seeded Bruins in December.

Likely NBA Draft first round picks Justin Jackson, Bam Adebayo, De'Aaron Fox, Malik Monk, Lonzo Ball and TJ Leaf are among the players on UNC, Kentucky and UCLA that will be expected to carry their respective teams deep into the tournament. With so much star power present, this region promises to include some of the most intriguing matchups of the tournament.

By the time the final buzzer sounds on April 3, the entire college basketball landscape will have been turned upside down. Plenty of favorites will have been unexpectedly bounced in the first weekend, while Cinderellas will have made history by pulling off their stunning upsets. Which teams will be busting brackets this year?

Saint Mary's, Vanderbilt, the University of Rhode Island and Winthrop University are several schools that I have my eye on, but I know just as much as the next guy. And it is that element of cluelessness that makes March Madness my favorite time of year on the sports calendar.

For my predicted champion, I am going with Kansas over Gonzaga in the final, but again, who knows! I'll just be relishing the chaos.

COLWELL'S COURT:
TIGER GAO — FENCING

By COURTNEY COLWELL
For The News-Letter

Following a tremendous effort at last weekend's MACFA and NWEA Championships, the men's and women's fencing teams headed to Easton, Pa. on March 11 for the 2017 NCAA Mid-Atlantic/South Regional.

Competition was fierce throughout the entire tournament. Faced with top D-I programs such as Princeton University, Penn State, Duke University and the University of Pennsylvania, the Jays certainly had their work cut out for them.

Nonetheless, Hopkins had a strong showing across all six events in which they were entered.

For the women, freshman Katherine Xiang finished 26th in the Foil event, while senior Katherine Couch and junior Mailys Vignoud placed 27th and 28th in the Épée event, respectfully. Meanwhile, freshman Erin Chen had a remarkable eighth place finish in the Sabre event.

The men had similarly strong results: Sophomore Solomon Polansky's 23rd place finish in the Foil and junior Sandy Vingoe's 17th place finish in the Sabre were among the University's best performances in the tournament.

But the highlight of

the competition for the Jays was in the men's Épée tournament. For his impressive 11th place finish, freshman Tiger Gao has been named this week's Athlete of the Week.

Gao has been a stand-out performer in his first year at Hopkins. Tying for third place in the Épée at the MACFA Championship a week ago, Gao was a crucial piece in the men's victory in the Épée championship and their claim to the overall team title. This past weekend, Gao was the top performer among division three schools with his 11th place finish in the men's Épée competition.

VITAL STATISTICS

Name: Tiger Gao
Year: Freshman
Sport: Fencing
Major: Computer Science
Hometown: Manhasset, N.Y.
High School: Paul D. Schreiber

Following the weekend, Gao sat down with The News-Letter to discuss his rookie year at Hopkins and his expectations going forward.

Gao, welcome to the Court!

The News-Letter: Coming off last week's third place finish in the MACFA Championship, how confident did you feel going into the 2017 NCAA Mid-Atlantic/South Regional?

Tiger Gao: Although my high finish last week at MACFA Championships was definitely a confidence boost, Regionals is a different caliber of competition, with the majority of fencers representing D-I programs.

I knew the field was extremely tough, but I was determined to do my best.

N-L: Was the team generally happy with their performance at this year's Mid-Atlantic/South Regional?

TG: The whole team had a strong showing throughout the entire season, including at regionals. My teammate Erin Chen also made the final pools and finished eighth overall. With two fencers in the final round, we had the best results of any D-III team. Of course, we always strive to improve our performance and aim for an even better result next season.

N-L: How did it feel to place 11th among such high caliber competition?

TG: While 11th place is a very good result, especially as a freshman, I feel like I was not able to give it my best due to an injury in the final round. It is frustrating to know that I was only one victory away from qualifying for NCAA Nationals.

N-L: When you first started fencing, were you drawn to Épée right away, or did you start off with a different sword? What about Épée in particular appeals to you?

TG: All fencers at my fencing club start out with foil to learn the basics and then pretty much everyone switches to Épée. My club did not offer competitive Foil or Sabre programs, so Épée was the natural choice.

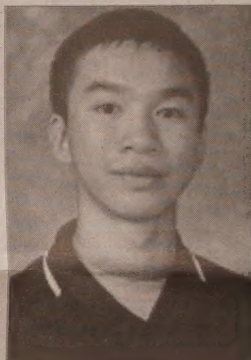
N-L: How important is it to have mental toughness in the sport of fencing?

TG: In the sport of fencing, the physical conditioning is only half of the equation. The mentality that goes along with it is equally as important.

When everything happens so fast, it is extremely important that you are ready to react appropriately to anything, especially in Épée, which is known to be a mind game. You play with the distance, do preparations and try to lure your opponent into a trap or to force them to make a fatal mistake. In order to do that, you have to have a sharp tactical sense and you have to be ready for anything, no matter how frustrated or tired you are.

N-L: Looking forward, do you have any personal goals you would like to achieve over your next three years at Hopkins?

TG: Being so close to qualifying for NCAAAs this year, I am aiming to improve my fencing so that I can qualify next year. Over the next three years, I am hoping to rejoin the competitive fencing scene (not college) after a year and a half absence.



HOPKINSSPORTS.COM
Freshman Epee Tiger Gao.

W. Lax continues to wipe out the competition

By BRANDON WOLFE
For The News-Letter

A strong offensive start and a lockdown performance by the Jays gave the #19 ranked Hopkins women's lacrosse team their seventh win of the season as they took down the Hofstra University Pride this past Saturday in Hempstead, New York.

Freshman midfielder Lexi Souder quickly gave the Blue Jays the early momentum, capitalizing on a pass from sophomore Nicole DeMase and burying a goal only 1:37 into the contest.

The two would switch places just eight minutes later, however, as DeMase would tally a goal of her own off of a pass from Souder after a nifty fake.

The momentum would continue to build for the Jays as sophomore Miranda Ibello took only 19 seconds to put two shots into the back of the net and extend the lead from 2-0 to 4-0 in favor of Hopkins with assists coming from freshman Maggie Schneidereith and DeMase.

Schneidereith would net the fifth straight unanswered goal for Hopkins after a pass from junior Shannon Fitzgerald.

Hofstra's midfielder Alyssa Parrella would end the scoring drought for the Pride after converting on a free posi-

tion shot just 54 seconds after the Jays had extended their lead to five. The lead would quickly jump back to five after DeMase once again scored for Hopkins to put the score at 6-1 in favor of the visiting Jays to end the first half.

Hopkins continued to dominate the offensive side of the game into the second half, scoring two goals just 10 seconds apart in the opening minute of the second.

Schneidereith would earn another assist when she passed to senior Alexis Maffucci, who buried a quick shot into the net. Fitzgerald then capitalized off of a Souder draw win, finding Schneidereith in space, who fired a laser on the right post to bring the lead to 8-1.

Hofstra's Parrella ended the second scoring drought for the Pride when she scored her second goal of the day.

The Blue Jays responded quickly, however,

er, as DeMase recorded her fourth hat trick of the young season with her third goal of the day, and Schneidereith tallied yet another assist, this time to freshman Eva Klaus, who buried a goal on the run just 14 seconds after DeMase's rip.

Klaus would score once again just five minutes later to extend the Blue Jays' lead to nine before a goal from Fitzgerald six minutes later, giving Hopkins a 10-goal lead.

Hofstra's Carlee Ancona and Drew Shapiro would both score in the final minutes of the matchup to finish up the game at 12-4 in favor of the Jays.

The victory for Hop-

kins is the 199th since the Jays made the jump to D-I in 1999. The strong defensive outing, highlighted by allowing Hofstra only four goals on the day, is the fewest goals the Jays have allowed in a single game since the Mar. 26, 2016 matchup against Furman University.

Schneidereith's three assists and Fitzgerald's two assists matched their career highs in what was a standout offensive performance.

The Blue Jays will take the field again next Sunday, March 19. They will travel to College Park, Md. to take on the top-ranked University of Maryland Terrapins.



HOPKINSSPORTS.COM
Freshman Lexi Souder was the first to score on the day to give the Blue Jays the early lead.

SPORTS

DID YOU KNOW?

Men's Basketball Coach Bill Nelson announced his retirement at the end of the academic year. Over 31 years, he led the Jays to 501 victories, 25 winning seasons and 10 NCAA tournament berths.

CALENDAR

Friday:
Baseball vs. NYU
Swimming @ NCAA Champ.
Saturday:
M. Lax vs. Syracuse; 4 p.m.
Sunday:
W. Lax @ Maryland; 12 p.m.

NCAA's best gear up for March Madness



Daniel Landy
DanLand

Rejoice! The brackets are out and the tournament is set to tip off. We know the upsets will happen, and it will be exciting when they do, but it is impossible to predict when they will occur. For now let's examine which teams are most likely to find their way to the Final Four in Glendale, Arizona.

First up is the East Region where the defending champions, the Villanova University Wildcats, are the number one seed. The committee did not do the overall number one seed any favors, as the Wildcats have a treacherous road to the Final Four. They could face a top tier opponent as early as the Round of 32, with the absurdly underseeded University of Wisconsin Badgers only one win away from a second round matchup with the Wildcats.

The University of Florida Gators and University of Virginia Cavaliers are both scrappy veteran teams that could pose a threat to Villanova in the Sweet Sixteen. The Gators, in particular, are a legitimate threat to knock off the Wildcats. Barring their puzzling struggles against the Vanderbilt University Commodores in recent weeks, they have played lights out throughout much of their SEC schedule and have a sharpshooter in KeVaughn Allen who is at his best in crunch time.

The bottom half of the

bracket does not appear to be any easier. Duke University and Baylor University are both more than capable of making a Final Four run. Duke has a wealth of talent and is playing its best basketball right now, having just won the ACC Tournament. Baylor has played well throughout the season against its most formidable opponents and can dominate a game in the paint.

The Southern Methodist University Mustangs should also prove difficult to oust. With only one loss in 2017, the Mustangs are coming into the tournament scorching hot. Villanova may feel proud for earning the number one overall seed in the tournament, but they were not exactly rewarded for their efforts with the collection of teams that was placed in their region. The Wildcats have a lot of work to do if they intend to return to the Final Four.

In the West Region, the Gonzaga University Bulldogs have a tremendous opportunity to live up to their lofty expectations as a number one seed. This region is nowhere near as tough as the East Region, so if the Bulldogs are indeed worthy of the number one seed that were given, this is their opportunity to finally make it all the way to the Final Four.

The number two seeded University of Arizona Wildcats are undoubtedly Gonzaga's most difficult potential opponent, but if the two teams were to play each other, the matchup would not take place until the Elite Eight.

The three and four seeds, Florida State University and West Virginia University, are both hobbling into the tournament and are prime candidates to slip up in the early rounds.

SEE NCAA, B11

The Wildcats have a lot of work to do if they intend to return to the Final Four.

Baseball's strong start squashed by Stevens

By ANDREW JOHNSON
Sports Editor

The Hopkins men's baseball team looked to continue their scorching start to the season after a fresh pair of victories over number one ranked Cortland State and number two ranked Keystone College. The 5-1 Jays entered their matchup against the Stevens Institute of Technology Ducks with a lot of confidence, but ultimately fell short in a pitcher's duel at Stromberg Stadium.

The Jays opened the scoring in the bottom of the third, when junior left field-

er Colby Wilson reached first safely on an error, followed by a walk from senior second baseman Joe Conlon. Another unforced error by the Ducks would allow Wilson to race home for the 1-0 lead.

However, the Blue Jays lead would quickly evaporate in the top of the fourth, as the Ducks scored a trio of runs that would ultimately prove to be decisive. A bunt single followed by a double would produce the first run for Stevens, who added their final two runs on a pair of passed balls. However, the Jays were able to stop the bleeding

SEE BASEBALL, B10

W. Lax downs Hofstra for fourth win in a row



The women's lacrosse team won their seventh game to open the season when they defeated Hofstra by a score of 12-4 over the weekend. The 19th ranked Jays continue to display dominance on both sides of the ball. Hopkins jumped out to an early 4-0 and would not look back, dominating the tempo and scoring throughout. Sophomore Nicole DeMase had five points for the Jays and recorded her fourth hat trick of the season, while freshman Maggie Schneidereith matched her career high with three assists and totalled five points.

B11

INSIDE

NFL Free Agency Frenzy

Sports Editor Gaurav Verma breaks down the biggest moves during an exciting NFL free agency period, asserting that the defending champion Patriots have gotten even better. PAGE B10

MLB: National League Preview

Gregory Melick breaks down the National League, offering who he believes can come out on top in each division and make a run at the postseason in October. PAGE B10

Colwell's Court: Tiger Gao

This week, *The News-Letter* highlights freshman Tiger Gao, who finished in 11th place in the men's Épée event at the NCAA Mid-Atlantic Regional Final. PAGE B11

INSIDE

Koerner and Bartnett shine at T & F indoors

By EMILIE HOFFER
Sports Editor

Competing against the best athletes from across the nation, senior Andrew Bartnett and sophomore Felicia Koerner of the Hopkins track & field team managed to bring home the hardware. Not only did the two earn All-American honors, which is awarded to the top seven finishers in each event, but Koerner and Bartnett both finished among the top three athletes in the nation in their respective events.

From the start it was evident that the heptathlon was going to be a highly competitive event, with the three top seeded athletes, which included Bartnett, only separated by 15 points.

On the first day of NCAA Championships, Bartnett would compete in five events — four heptathlon events and the individual pole vault finals. Bartnett would claim his first title of the weekend in the pole vault. For the third time in his career, the senior would earn All-American

indoor honors, taking third in the pole vault.

But Bartnett's weekend was just beginning, as he went on to compete in four other Heptathlon events: the 60-meter dash, the long jump, the shot put and the high jump. Bartnett posted the second fastest time in the 60-meter dash and recorded a personal best in the long jump.

By the end of day one, Bartnett stood in eighth place among a field of 15. However, he would make up for lost ground in day two, running personal bests in both the 60-meter hurdles and the 1000-meter run.

The second day of the heptathlon commenced with the 60-meter hurdles, where Bartnett's personal record moved him up into seventh place. Next came Bartnett's signature event, the pole vault. After clearing 5.10 meters Friday morning for a third place finish in the pole vault championship, Bartnett went one step further and cleared 5.20 meters after failing to do so in his three attempts the previous day.

Matching his season best height, Bartnett finished the event with a 0.5-meter advantage over second place.

Earning an outstanding 972 points, the most by any athlete in a single Heptathlon event, Bartnett jumped from seventh into second place going into the final event of the day. The last event of the competition would be the 1000-meter run, where Barnett managed to pull through with yet another personal best on the day.

"The competition was very close going into the 1K," Bartnett said. "And that was awesome because we were there to compete. The pressure and adrenaline were there which made it even more meaningful of a race. Ultimately I gave it all I had, and I am happy with the outcome."

Clocking 2:43.9 at the finish line, Barnett finished fourth among the field in the event, enough to maintain his second place status and claim the silver medal. The senior ended the competition with a total 5238 points, crushing the previous Centennial Conference record by 97 points and marking the sixth best point total in D-III history.

While Barnett spent most of his time on the field, Koerner was busy running laps around the North Central College Carius track.

Entering the 2017 NCAA Indoor Track & Field Championships, Koerner was said to be the clear-cut favorite in both the 3000-meter and 5000-meter races, according to the USTFCCA meet preview. Koerner held a 15-second and 17-second advantage over

the field in the 3000-meter and the 5000-meter, respectively. Plus, earlier this season, Koerner ran the second fastest 3000-meter time in NCAA D-III history.

Koerner would kick off her NCAA appearances with the 5000-meter run Friday evening. Koerner paced the field as they went through the first mile and a half in 7:57. However, junior Taryn Cordani of Ithaca College, made her move in the following lap, passing Koerner and never looking back.

Unfortunately, Koerner would not be able to recover from Cordani's move halfway through the race. She fell to 16th place out of a field of 17 runners. Meanwhile, Cordani would go on to win the race, pasting a new meet record and finishing 23 seconds ahead of the next runner.

Less than 24 hours later, Koerner toed the line for the 3000-meter race. For the first eight laps, Koerner ran cautiously, running directly behind the leader for the first mile.

With 5:30 on the clock, Koerner made the move to the front of the pack where she kept a solid pace and began to build a small lead over Cordani, who trailed in second place, heading into the lap. Again, Cordani would battle Koerner until the end, using a 35.5-second final lap to kick her way past Koerner and take the double NCAA title.

Koerner claimed second with a time of 9:44 and received her first track & field All-American honors, adding to the All-American honors she received in cross country this fall.



HOPKINSSPORTS.COM

Sophomore Felicia Koerner claimed silver in the 3000-meter.